Favorite Recipes

of Members & Friends of The New Jerusalem Church

from
Casana Siebert

Expression of Appreciation

Our organization wishes to express our sincere appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this delightful cookbook.

COOKBOOK COMMITTEE

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P.O. Box 15920
Lenexa, Kansas 66285-5920

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Published and Printed By
Cookbook Publishers, Inc.
P.O. Box 15920
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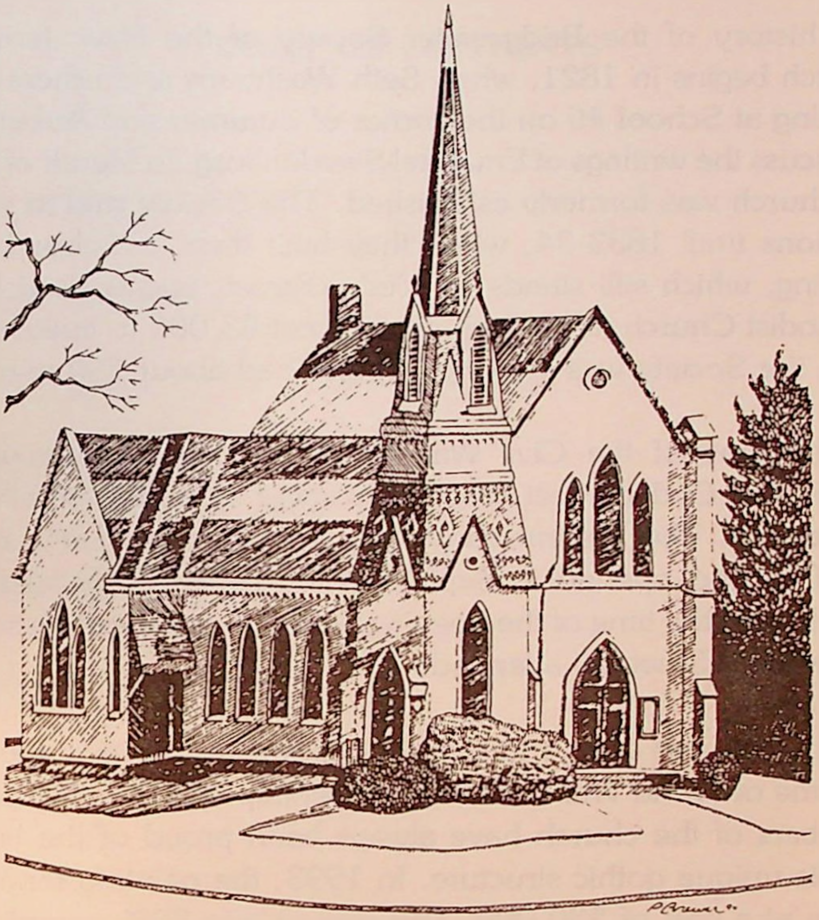

New Jerusalem Church
Bridgewater Historic District
1871

HISTORY OF THE CHURCH

The history of the Bridgewater Society of the New Jerusalem Church begins in 1821, when Seth Washburn and others began meeting at School #6 on the corner of Summer and Auburn Sts. to discuss the writings of Emanuel Swedenborg. In March of 1824, the church was formerly established. The Society met in various locations until 1833-34, when they built their first church. This building, which still stands on Cedar Street, and is used by the Methodist Church as a parish center, cost $3,000 to build. At this time, the Society was growing fast and had about 150 members.

By the time of the Civil War, the Society had outgrown the building on Cedar Street, and it was voted to build a larger house of worship. The present church building was built at a cost of $10,000 and opened in September of 1871. There were 245 members at the time of the opening, and at the dedication service, a total of 475 people attended.

The church was always a vital force in the community and up to the time of World War I, had a membership of about 200 people. Members of the church have always been proud of the building and its unique gothic structure. In 1993, the painting renovation began at a cost of $30,000. This project was 85% completed at the time of the fire, which took place on July 12, 1994. The entire steeple and roof of the sanctuary were lost, as well as water damage throughout the entire building. Rebuilding plans began immediately after the fire, and it is our hope to restore the church as close as we can to its original splendor.

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FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

Appetizers, Beverages

FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ lb.	¾ to 1 lb.	1½ lb.
Mayonnaise	1 c.	2 to 3 c.	4 to 6 c.
Mixed filling for sandwiches (meat, eggs, fish)	1½ qt.	2½ to 3 qt.	5 to 6 qt.
Mixed filling (sweet-fruit)	1 qt.	1¾ to 2 qt.	2½ to 4 qt.
Jams & preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry, or Fish:			
Wieners (beef)	6½ lb.	13 lb.	25 lb.
Hamburger	9 lb.	18 lb.	35 lb.
Turkey or chicken	13 lb.	25 to 35 lb.	50 to 75 lb.
Fish, large whole (round)	13 lb.	25 lb.	50 lb.
Fish, fillets or steaks	7½ lb.	15 lb.	30 lb.
Salads, Casseroles, Vegetables:			
Potato salad	4¼ qt.	2¼ gal.	4½ gal.
Scalloped potatoes	4½ qt. or 1 12x20" pan	8½ qt.	17 qt.
Mashed potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gal.	2½ gal.	5 gal.
Baked beans	¾ gal.	1¼ gal.	2½ gal.
Jello salad	¾ gal.	1¼ gal.	2½ gal.
Canned vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ lb.	75 lb.	150 lb.
Fruit cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	¾ pt.	1½ to 2 pt.	3 pt.
Ice Cream:			
Brick	3¼ qt.	6½ qt.	12½ qt.
Bulk	2¼ qt.	4½ qt. or 1¼ gal.	9 qt. or 2½ gal.
Beverages:			
Coffee	½ lb. and 1½ gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	1/12 lb. and 1½ gal. water	⅙ lb. and 3 gal. water	⅓ lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

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APPETIZERS, BEVERAGES

CUCUMBER AND CRACKERS

2 large cucumbers, peeled and sliced into thin round slices
1 pkg. cream cheese, softened
1 pkg. round crackers
Dill seed
1 tsp. mayonnaise (if necessary)
1 pkg. Good Seasons salad dressing mix

In large bowl, mix cream cheese and Good Seasons mix (if it needs to be creamier to spread, add mayo). Spread the mix on the crackers; top with a cucumber slice. Add a few sprinkles of dill seed on each.

These are great appetizers for parties.

Laura Anderson

MEATBALLS

1 to 2 lb. ground beef
1 onion, diced
1 pepper, diced
1 c. seasoned bread crumbs
1 egg
1 large jar prepared tomato sauce or homemade

Preheat oven to 350°. Mix all ingredients, except sauce; form into 1 to 2 inch balls. Place on cookie sheet. Heat in oven about 20 minutes. Pour sauce into crock pot. Put on MEDIUM setting. Once balls are out of oven, drain and put into sauce.

These are great for a party.

Laura Anderson

BLUE CHEESE DIP

1/3 c. crumbled Blue cheese
1/4 c. cream cheese
2 Tbsp. mayonnaise
1 tsp. Worcestershire sauce
1 Tbsp. minced onion
Few drops of lemon juice

Blend all ingredients well. Serve with raw vegetables.

Michelle Benoit

YUMMY DIP

1 (8 oz.) pkg. cream cheese
1/3 c. chilli sauce
1/3 c. ketchup
1 Tbsp. parsley flakes
Small amount grated onion

Mix thoroughly until smooth.

Mary Mitchell

TACO DIP

1 lb. hamburg
1 jar medium salsa
½ c. mayonnaise
16 oz. sour cream
1 pkg. taco seasoning
16 oz. shredded Cheddar cheese
Chopped tomatoes
Scallions, chopped fine
Nacho chips

Brown hamburg; drain. Mix with salsa. In separate bowl, mix mayo, sour cream, and seasoning and combine with hamburg mixture. Place in oblong dish; layer with tomatoes, cheese, and scallions, 1 or 2 layers of each. Refrigerate so not so soupy, 3 to 4 hours. Eat with nachos and *enjoy!*

Elizabeth Sylvia

FRUIT PUNCH

Concentrate:

1 qt. size orange Zarex
1 qt. cranberry cocktail
½ c. fresh lemon juice
2 c. pineapple juice
1 tsp. salt

Add 1 quart lemon and lime soda or ginger ale and enough water to make gallon. I divide the concentrate into 2 gallon jugs to mix it.

BERT'S LEMONADE

Juice of 2 oranges
Juice of 2 lemons
¾ c. sugar

Squeeze the fruit and put into a 2 quart pitcher; stir and add water and ice for a refreshing drink on a hot day.

Albert R. Lemee

HOT HOLIDAY TEA DRINK

1 (18 oz.) jar Tang
1¼ c. instant tea
1 tsp. cinnamon
½ tsp. powdered cloves
Dash of salt

Mix well and store in tight jar. Stir 1 teaspoon in cup of boiling water.

Emma Paige

BAKED BRIE IN PUFF PASTRY
(Appetizer)

1 medium wheel Brie cheese
⅓ c. sliced almonds
2 tsp. unsalted butter, melted
1 sheet puff pastry
1 baguette loaf, sliced into thin pieces like crackers
2 Granny Smith apples, sliced and dipped into lemon juice to prevent discoloration

Remove sheet of puff pastry from freezer and thaw according to package directions. Roll out with rolling pin until big enough to wrap around Brie. Remove plastic wrap from Brie but do not remove waxy casing. Slice Brie in half so you have 2 circles. Brush center of pastry with 1/2 of the melted butter. Place 1 circle of Brie, casing side down, in center of pastry; sprinkle almonds evenly over Brie. Place remaining circle on top, cut side down. Fold pastry around Brie, using remaining butter to seal. Place, folded side down, in a nonstick cake pan; bake.

Michelle Benoit

Notes

Soups, Salads

A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

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CABBAGE SALAD - CABBAGE ANCHOYADE

9 c. shredded red or white cabbage (approx. 1 small head) or 4½ c. white cabbage and 4½ c. red
4 or 5 large cloves garlic, peeled, crushed, and chopped very fine
1 (2 oz.) can anchovy fillets
1 Tbsp. wine vinegar
½ c. olive oil or vegetable oil
½ c. freshly ground black pepper
½ tsp. salt

Cut cabbage in half and remove core. Cut across with long knife into ¼ inch slices. Crush and chop garlic and anchovy fillets into a puree. Stir the puree into the vinegar, oil, pepper, and salt. Do not make in the food processor, it will thicken too much. Dressing should be transparent like a vinaigrette. Toss dressing with cabbage.

If you are using both red and white cabbage, toss separately. Place red cabbage in bowl and make a nest. Mound the white cabbage in center.

Michelle Benoit

PISTACHIO SALAD

1 can crushed pineapple (undrained)
1 c. miniature marshmallows
1 c. pecans
8 oz. Cool Whip
1 pkg. pistachio pudding (instant)

Mix pineapple (undrained) and pudding. Mix rest of ingredients; chill.

Grace Rainey

CRANBERRY-ORANGE MOLD

2 (3 oz.) pkg. red jello
2 c. hot water

Chill until slightly thickened. Beat 1 pint sour cream with jello. Chill 10 minutes. Add 1 jar Cran-Orange relish and ½ cup nuts. Pour into a 4 cup mold.

Mary Mitchell

BAKER'S FRUIT COMPOTE (FRUIT SALAD)

1 c. fruit cocktail
1 c. pineapple chunks
½ c. maraschino cherries
½ c. chopped marshmallows (small)
1 c. sour cream or lowfat yogurt

Drain all fruits. Mix everything in bowl. Make night before using and let stand in refrigerator.

Emma O. Paige

APPLE-PINEAPPLE SALAD

1/3 c. cinnamon candies
1/2 c. hot water (boiling)
1 regular size env. lemon jello
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1 c. crushed pineapple
1 can or jar applesauce
1 lemon (juice)

Combine first 3 ingredients. Stir until candy is slightly melted. Add the other ingredients, stir well, and fill mold. Set overnight.

Mildred Nelson

FRUIT SALAD

1/2 bag marshmallows (large or small)
1 can fruit (medium - peaches, fruit cocktail, or pineapple)
1 pkg. cream cheese
1/2 c. mayonnaise
1 small pkg. jello (lime preferred)

Mix marshmallows and fruit; let stand a short while. Mix and cream cream cheese and mayonnaise. Mix jello according to package. Use fruit juice as part of the cold liquid. Cool jello, then add all ingredients together. Refrigerate until set. (Mold.)

Mildred Nelson

FIRECRACKER CHILI

2 Tbsp. olive oil
1 medium onion, diced
6 cloves garlic, pressed and chopped
6 oz. lean hamburger
1 (28 oz.) can diced tomatoes
1 (1 lb.) can light red kidney beans
1 (15 oz.) can dark red kidney beans
2 Tbsp. chili powder
1/2 Tbsp. crushed red pepper
1 tsp. Tabasco (pepper) sauce

In 6 quart pot, saute onions and garlic in olive oil until tender. Add hamburger and saute until it loses its pink color. Add remaining ingredients and simmer over low heat, stirring frequently, until liquid has cooked down.

Notes: This is very spicy and the flavors do intensify as it cooks. *Beware.* Best served with tortilla chips and ice cold Margaritas.

Michelle Benoit

QUICK VEGETABLE SOUP

1/4 c. diced onion
2 packets instant chicken broth and seasoning mix
2 garlic cloves, minced
1 1/2 c. thinly sliced zucchini
1/2 c. thinly sliced carrots
1/2 c. chopped, seeded tomatoes
1 tsp. chopped fresh parsley
1/4 tsp. basil leaves
1/8 tsp. pepper

In 1 1/2 quart saucepan, combine onion, broth mix, and garlic. Cook, stirring occasionally, onion is transparent. Add remaining ingredients and stir to combine. Cover and cook over low heat, stirring occasionally, for about 10 minutes.

Add 2 cups water and bring to a boil. Reduce heat to medium, cover, and cook until vegetables are soft, about 20 minutes. Using a slotted spoon, remove ½ cup vegetables from saucepan and set aside. In blender, in 2 batches, puree remaining soup. Return pureed mixture to saucepan; add reserved vegetables and heat.

Michelle Benoit

LENTIL SOUP

Bring 6 cups water to boil with ½ onion (cut up). Add 1 to 2 bay leaves and ½ a "Daisy ham." Rinse a 16 ounce bag of lentils in strainer, add to water, and simmer about 2 hours. About ½ hour before serving, cut up 5 to 6 carrots, 4 to 5 stalks celery, and as many hot dogs as you wish. Adjust salt and pepper. This soup is better the next day.

Lois Dole

DORRIT'S RICE AND CELERY SOUP

½ c. diced onion
1 c. diced (or sliced) celery
Celery leaves
½ c. washed white rice
3 c. boiling water
2 or 3 c. milk
Lump of butter
Salt to taste (½ tsp. to start)
Pepper (if desired)

When water boils, add onion, celery, celery leaves, and rice. Cook gently for ½ hour. Stir, as needed, to avoid sticking to pan bottom. When rice is cooked, add 2 to 3 cups milk and a lump of butter. Salt additionally to taste.

Good with saltines. More flavorful when warmed up next day.

Judy Segfried

GREEN FRUIT MOLD

3 (3 oz.) pkg. lime jello
3 c. boiling water
1 pt. commercial sour cream
1 (20 oz.) can crushed pineapple, drained

Dissolve jello in boiling water. When mixture begins to set, beat in sour cream and pineapple. Pour into mold. Chill until firm.

Trudy and Arthur Leland

RED FRUIT MOLD

3 (3 oz.) pkg. raspberry jello
3 c. boiling water
1 pt. commercial sour cream
1 (16 oz.) can whole cranberry sauce

Dissolve jello in boiling water. When mixture begins to set, beat in sour cream and cranberry sauce. Pour into mold. Chill until firm.

Trudy and Arthur Leland

JELLIED SALAD

2 c. water
1 pkg. lemon jello
1 medium carrot
1 apple
1 small can crushed pineapple
½ c. chopped walnuts

Dissolve lemon jello in 1 cup boiling water. Add 1 cup cold water. Grind the carrot and combine with the finely cut-up apple, the crushed pineapple, and chopped nuts. Mix well and add to the jello-water mixture. Refrigerate until firm.

I like to serve with Miracle Whip salad dressing.

The amounts of the ingredients may be varied to your liking.

Anna Buck

FOUR-BEAN SALAD

1 (16 oz.) can green beans, drained
1 (16 oz.) can wax beans, drained
1 (16 oz.) can garbanzo beans, rinsed and drained
1 can kidney beans, rinsed and drained
¼ c. slivered green pepper
8 green onions, sliced
¾ c. sugar
½ c. cider vinegar
¼ c. vegetable oil
½ tsp. salt

In a large salad bowl, combine all of the beans, green pepper, and onions. In a small bowl, combine remaining ingredients; stir until the sugar dissolves. Pour over bean mixture. Cover and refrigerate overnight, stirring several times.

Grace Rainey

4-BEAN SALAD

1 can green beans, cut
1 can wax beans, cut
1 can chickpeas
1 can red kidney beans
1 medium cut up onion

Drain and put in bowl. Mix ⅓ cup oil with ½ cup vinegar and ¾ cup sugar or less. Pour over preceding mixture. Let stand, covered, in refrigerator overnight.

Emma O. Paige

THREE BEAN SALAD

1 can wax beans, drained
1 can green beans, drained
1 can red kidney beans, drained
½ c. sugar
⅔ c. cider vinegar
⅓ c. canola oil
½ red onion, chopped
Salt to taste

Mix together. Let stand overnight in the refrigerator.

Marion Statskowski

TACO SALAD

1½ lb. hamburg
1 pkg. taco seasoning mix
2 medium tomatoes, diced
1 large onion, diced
1 large pepper, diced
1 large head lettuce, torn into bite-size pieces
4 oz. shredded Cheddar cheese
1 pkg. tortilla chips, crushed
1 (8 oz.) Kraft Catalina French dressing

Brown hamburg and drain; add taco mix, simmer 15 to 20 minutes, and cool. Place veggies in a large bowl; add hamburg mixture and toss well. Chill until ready to serve. Before serving, add chips and bottle of dressing.

Diana Leach

Notes

Vegetables

EQUIVALENT CHART

3 tsp.	1 Tbsp.
2 Tbsp.	⅛ c.
4 Tbsp.	¼ c.
8 Tbsp.	½ c.
16 Tbsp.	1 c.
5 Tbsp. + 1 tsp.	⅓ c.
12 Tbsp.	¾ c.
4 oz.	½ c.
8 oz.	1 c.
16 oz.	1 lb.
1 oz.	2 Tbsp. fat or liquid
2 c.	1 pt.
2 pt.	1 qt.
1 qt.	4 c.
⅝ c.	½ c. + 2 Tbsp.
⅞ c.	¾ c. + 2 Tbsp.
1 jigger	1½ fl. oz. (3 Tbsp.)
8 to 10 egg whites	1 c.
12 to 14 egg yolks	1 c.
1 c. unwhipped cream	2 c. whipped
1 lb. shredded American cheese	4 c.
¼ lb. crumbled Bleu cheese	1 c.
1 lemon	3 Tbsp. juice
1 orange	⅓ c. juice
1 lb. unshelled walnuts	1½ to 1¾ c. shelled
2 c. fat	1 lb.
1 lb. butter	2 c. or 4 sticks
2 c. granulated sugar	1 lb.
3½-4 c. unsifted powdered sugar	1 lb.
2¼ c. packed brown sugar	1 lb.
4 c. sifted flour	1 lb.
4½ c. cake flour	1 lb.
3½ c. unsifted whole wheat flour	1 lb.
4 oz. (1 to 1¼ c.) uncooked macaroni	2¼ c. cooked
7 oz. spaghetti	4 c. cooked
4 oz. (1½ to 2 c.) uncooked noodles	2 c. cooked
28 saltine crackers	1 c. crumbs
4 slices bread	1 c. crumbs
14 square graham crackers	1 c. crumbs
22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square chocolate (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat
1 tablespoon cornstarch (for thickening) = 2 tablespoons flour
1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour
1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour
1 teaspoon baking powder = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar
1 cup sour milk = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
1 cup sweet milk = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda
¾ cup cracker crumbs = 1 cup bread crumbs
1 cup cream, sour, heavy = ⅓ cup butter and ⅔ cup milk in any sour milk recipe
1 teaspoon dried herbs = 1 tablespoon fresh herbs
1 cup whole milk = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
2 ounces compressed yeast = 3 (¼ ounce) packets of dry yeast
1 tablespoon instant minced onion, rehydrated = 1 small fresh onion
1 tablespoon prepared mustard = 1 teaspoon dry mustard
⅛ teaspoon garlic powder = 1 small pressed clove of garlic
1 lb. whole dates = 1½ cups, pitted and cut
3 medium bananas = 1 cup mashed
3 cups dry corn flakes = 1 cup crushed
10 miniature marshmallows = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300°F.
Slow oven	300° to 325°F.
Moderate oven	325° to 375°F.
Medium hot oven	375° to 400°F.
Hot oven	400° to 450°F.
Very hot oven	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz.	1 cup
Picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

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CHEESE PIE WITH MILD GREEN CHILIES

Preheat oven to 350°. Have ready a partially baked pie shell.

1½ c. shredded Monterey Jack cheese
1 c. shredded mild Cheddar cheese
4 oz. can chopped mild green chilies

Mix:

3 eggs
1 c. half & half
¼ tsp. salt
⅛ tsp. ground cumin

Spread most of the mixed cheeses over the pie crust. Sprinkle chilies over the cheese. Pour egg mixture over all and top with remaining cheese. Bake 40 minutes or until mixture is somewhat set and browned on top. Let stand 5 to 10 minutes before cutting the pie.

Judy Siegfried

CORN CASSEROLE

1 (17 oz.) can whole kernel corn, drained
1 (17 oz.) can cream style corn
3 eggs, beaten enough to mix
2 Tbsp. sugar (if wanted)
2 tsp. salt (I use some onion salt)
3 Tbsp. butter, melted
2 c. milk
6 crackers or more, crushed fine

Mix; put in greased casserole. Bake about 30 minutes in a moderate oven. Should be fairly firm. Serve hot. Can refrigerate and reheat. Can be made with 1 can of corn. *This is a family favorite.*

Frances Leland

GERMAN HOT POTATO SALAD

Cook 6 medium potatoes in skins. Peel and slice thin. Fry 6 slices bacon and drain. Reserve fat. Saute ¾ cup chopped onion in bacon fat.

Mix together:

2 Tbsp. flour
2 Tbsp. sugar
1½ tsp. salt
½ tsp. celery seed
Dash of pepper

Add to sauteed onions and fat. Cook over low heat, stirring until smooth. Remove from heat. Stir in ¾ cup water and ⅓ cup vinegar. Bring to boil, stirring constantly until smooth. Carefully stir in potatoes and crumbled bacon. Remove from heat and cover. Serve warm.

Trudy and Arthur Leland

MARINATED TOMATOES

Blend:

1/3 c. salad or olive oil
2 Tbsp. red wine vinegar
1/2 tsp. salt
Dash of pepper
1/2 tsp. garlic powder
1/2 tsp. oregano
1/2 tsp. basil

Pour over 4 medium (ripe) tomatoes, sliced. Turn tomatoes to cover with dressing. Chill for about 3 hours before serving.

Trudy and Arthur Leland

MACARONI AND CHEESE

2 c. macaroni
Boiling water
6 slices American cheese
Salt and pepper
1/4 tsp. seasoning salt
2 c. milk
1/2 c. bread crumbs

Place macaroni in saucepan and pour boiling water to cover. Allow to stand 5 minutes and drain. Butter casserole dish and place layer of macaroni in bottom. Place 3 slices of cheese over macaroni. Sprinkle with salt and pepper. Repeat 2 layers. Pour milk over ingredients and sprinkle crumbs. Bake at 350° for 40 minutes.

Susan Lemee

EGGPLANT PARMIGIANA
(Can be made with zucchini)

2 eggs
1/4 c. flour
1/2 tsp. salt
1 medium eggplant, sliced 1/3 inch thick
1/2 c. olive oil
1/2 lb. Mozzarella cheese, sliced
1/4 c. buttered, toasted bread crumbs
1 1/2 c. marinara sauce
1/4 c. grated Romano cheese

In medium bowl, beat eggs, flour, and salt. Dip eggplant in batter, shaking off excess. Fry eggplant, a few slices at a time, in hot oil in large skillet until browned on both sides. Arrange in 13x9x2 inch baking dish, overlapping slices if necessary. Place 1 slice Mozzarella on each slice. Sprinkle with bread crumbs. Cover with sauce. Sprinkle with Romano cheese. Bake in a 350° oven 20 minutes or until bubbly. Makes 4 servings.

Irva Miller

ZUCCHINI CASSEROLE

6 medium zucchini, sliced 1/3 inch thick
3 Tbsp. oil
3 Tbsp. butter or margarine
Salt and pepper to taste
1/4 c. buttered, toasted bread crumbs
1 1/2 c. marinara sauce
1/2 c. diced Mozzarella cheese

In large skillet, saute zucchini in hot oil and butter until lightly browned. Arrange zucchini, slightly overlapping, in 13x9x2 inch dish. Sprinkle generously with salt and pepper, then with bread crumbs. Cover with sauce; dot with cheese. Bake in 375° oven 15 minutes or until cheese melts. Makes 4 servings.

Irva Miller

CORN FRITTERS

2 c. raw corn (or cooked)
1 well beaten egg
1½ tsp. sugar
⅓ tsp. salt
⅛ tsp. pepper
1 Tbsp. melted butter
¼ c. flour
½ tsp. baking powder

Combine corn, egg, sugar, salt, pepper, and butter. Mix and sift flour and baking powder. Add to first mixture. Mix thoroughly. Drop batter from spoon into little fat in hot frying pan and brown both sides.

Grace Rainey

IMPOSSIBLE VEGETABLE PIE

2 c. chopped broccoli or cauliflower
1 c. shredded Cheddar cheese

Blanch until tender. Mix some in - rest on top.

½ c. chopped onions
½ c. chopped peppers
Celery
Mushrooms

Beat until smooth:

1½ c. milk
3 eggs
¾ c. Bisquick
1 tsp. salt
½ tsp. pepper

Grease 10 inch pie plate (quichelike result). Bake 35 to 40 minutes, until knife comes clean at 350° to 400°.

Any kind of vegetables can be used, including blanched spinach.

Winifred Porter

DELMONICO POTATOES

4 medium potatoes
1¼ c. light cream
2 Tbsp. butter or margarine
½ tsp. salt
Few grains of white pepper
Dash of nutmeg
¾ c. Cheddar cheese, grated

Bake potatoes 30 minutes at 450°. Peel thinly and dice. Place in ovenware dish with cream and butter. Add seasonings; simmer on top of stove 5 minutes. Sprinkle with cheese and place under broiler for 3 or 4 minutes.

Jeanne Andrade

SWEET POTATO LOW CALORIE PIE

1½ c. mashed sweet potato (use potato masher)
¼ c. sugar
1 tsp. vanilla
¼ c. orange juice
¼ c. skim milk

Beat on high speed and put in casserole dish.

Topping:

2 Tbsp. brown sugar
1 Tbsp. flour
1 Tbsp. margarine
2 Tbsp. pecans or walnuts, chopped fine (optional)

Mix topping, then sprinkle over sweet potato mixture. Bake at 375° for 20 to 25 minutes or until lightly browned.

Wendy Schnurr

ZUCCHINI CUSTARD OR QUICHE

¾ c. grated zucchini
½ c. grated carrot
½ slice bread, broken up
Salt and pepper
2 oz. chopped onion
1 egg, beaten
1 oz. Cheddar cheese, grated or chopped fine
1 Tbsp. skim milk

Mix and put in baking dish.

Topping:

½ slice bread (Crumbs)
1 tsp. margarine or 2 diet margarine
Oregano

Put on top and bake at 350° for 30 minutes.

Ruth Lemee

FRESH ASPARAGUS QUICHE

Pastry to line bottom of 9 inch pie plate
12 to 14 stalks fresh asparagus
1 c. shredded cheese
½ c. grated Parmesan cheese
1 c. light cream or whole milk
1 c. beer
3 eggs, well beaten

Preheat oven to 425°. Steam asparagus 10 to 15 minutes and cut into 1 inch sections. Line bottom of pan with asparagus. Combine cheese, cream, beer, and eggs; blend well. Pour over asparagus. Bake 55 minutes or until knife inserted in center comes out clean.

Mary Mitchell

CARROT CASSEROLE

4 c. carrots, cooked and cooled
1 medium onion, minced
3 tsp. butter
½ c. grated Cheddar cheese
1 can cream of mushroom soup
Pepper
¼ c. butter
1½ c. stuffing mix

Mix everything, except carrots, then add the carrots. Put into greased casserole dish. Top with butter and stuffing mix, mixed together. Bake, uncovered, at 350° for 26 to 30 minutes.

Karen Lovell

ZUCCHINI CARROTS

1 qt. thinly sliced carrots
1½ c. boiling water
½ tsp. salt
1½ c. thinly sliced zucchini
¼ c. olive oil
3 Tbsp. white wine vinegar
White pepper

In a medium covered saucepan, boil the carrots and water with ½ teaspoon salt until tender (partially) 5 minutes. Add the zucchini and continue cooking until both are crisp tender; drain. Beat oil and vinegar together with ¾ teaspoon salt and dash of pepper. Stir into vegetables.

Mary Mitchell

CARROTS IN ORANGE SAUCE

Cook 1 bunch carrots in pan.

Mix:

½ c. sugar
1 Tbsp. corn starch
⅛ tsp. salt
2 Tbsp. lemon juice
½ c. orange juice

Add ½ cup and 2 tablespoons boiling water. Mix and boil 1 minute. Add 1½ teaspoons margarine and ½ teaspoon orange rind.

Gladys Wheeler

STUFFED ZUCCHINI SQUASH

Cut lengthwise in half. Scoop out inside, leaving enough shell to hold stuffing. Saute cut up chunks of squash, sliced onions, and tomato or two or use Ragu sauce or tomato sauce. Cook only until transparent; add grated Parmesan and Romano cheese, 5 slices bread (crumbled up) or Italian bread crumbs (in a can - enough to hold together). Also, add 1 egg (beaten) to help soak bread, salt, and pepper. Fill shells; add grated cheese on top. Bake at 350° until shells are tender. Freeze before baking for winter use.

Winifred Porter, Gustaf Newcomb

Notes

Main Dishes

MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast			
(10 inch) ribs	4	1¾	140° (rare)
(If using shorter cut (8-inch)		2	160° (medium)
ribs, allow 30 min. longer)		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¼	160° (medium)
		4	170° (well done)
Rolled rump	5	2¼	140° (rare)
(Roast only if high quality.	3	160° (medium)	
Otherwise, braise.)		3¼	170° (well done)
Sirloin tip	3	1½	140° (rare)
(Roast only if high quality.		2	160° (medium)
Otherwise, braise.)		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	2½ to 3 hr.
	8 to 12 lb.	325°	3 to 3½ hr.
	12 to 16 lb.	325°	3½ to 4 hr.
	16 to 20 lb.	325°	4 to 4½ hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN	2 to 2½ lb.	400°	1 to 1½ hr.
(Unstuffed)	2½ to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

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MEATLOAF

1 Tbsp. margarine or no stick spray
2 lb. ground beef
Salt to taste
1 egg
1½ c. seasoned bread crumbs
1 (8 oz.) can tomato sauce
1 onion, diced
1 pepper, diced

Preheat oven to 350°. In large bowl, combine beef, onions, peppers, salt, egg, crumbs, and tomato sauce. Pack into loaf pan. Bake in oven for 1 hour. Serves 6.

Goes best with baked potato. Put in oven with meatloaf.

Laura Anderson

TUNA DIVAN

1 pkg. frozen broccoli
1 (7 oz.) can tuna
1 can condensed cream of chicken soup
⅓ c. mayonnaise
Fine bread crumbs
Grated Parmesan cheese

Cook broccoli as directed on package label, omitting salt. Drain and arrange in shallow 1½ quart baking dish. Cover with tuna. Mix soup and mayonnaise and pour over tuna. Sprinkle with bread crumbs and cheese; bake in preheated oven at 350° about 20 minutes. Makes 3 to 4 servings. *Good with rice.*

Mildred Nelson

TUNA LOAF

1 large can white tuna (not regular but large)
12 to 18 crackers (saltines or Ritz)
¼ or ½ c. water
1 egg
1 pinch of salt and pepper

Crunch and mix 12 to 18 crackers together with water and egg mixture. Mix until mushy. Add tuna (after draining water). Mix together; add salt and pepper. Put in loaf pan at 350° for 1 hour.

You can add a couple drops of lemon if you would like.

Janet Lemee

TUNA POTATO CHIP CASSEROLE

Make a white sauce with:

4 Tbsp. margarine
4 Tbsp. flour
2 c. milk

In a large casserole dish, crush potato chips about 2 inches deep. Add ½ large can tuna in water (cut up). Pour white sauce over it. Repeat chips, tuna, and white sauce. Bake ½ hour at 325°.

Lois Dole

TUNA CASSEROLE
(Good)

1 (3 oz.) can chow mein noodles
1 can mushroom soup
1 can tuna, packed in water
¼ c. water
Salt
Dash of pepper
¼ c. celery
1 can water chestnuts
¼ c. minced onion

Set aside ½ noodles. Combine remaining ingredients. Place in buttered casserole. Sprinkle top with remaining noodles. Bake at 325° for 40 minutes.

Cynthia James

CREAMED TUNA AND PEAS OVER TOAST

1 large can tuna (regular size)
1 small can peas

Mix together in bowl. Make a white sauce. In cooking pan, add 1 cup of milk, ⅛ cup of sifted flour, 2 teaspoons of butter or margarine, and 1 pinch of salt and pepper. Cook on low and stir frequently until thick. Pour in peas and tuna mixture in pan with cream sauce and mix well. Pour over toast, crackers, or biscuits.

Janet Lemee

CRANBERRY CHICKEN

1½ c. cranberries
¾ c. sugar
⅓ c. flour
¾ c. orange juice
1 tsp. grated orange peel
1 tsp. salt
2 to 3 lb. chicken (skinless, boneless)
¼ tsp. cinnamon
¼ tsp. ginger
4 Tbsp. margarine

Coat chicken pieces with flour and salt and brown in melted margarine. Turn each piece once. Put chicken in baking pan. In saucepan, bring to boil cranberries, sugar, orange juice, peel, cinnamon, and ginger. Pour hot mixture over chicken. Cover and cook about 1 hour at 350°.

Karen Lovell

OREGANO CHICKEN

2½ to 3 lb. chicken, cut up
1½ tsp. salt
⅛ tsp. pepper
½ c. flour
¼ c. oil
1 (6 oz.) can orange juice
1 can water
2 Tbsp. brown sugar
½ tsp. oregano
½ tsp. nutmeg

Put chicken in plastic bag; pour flour, salt, and pepper over. Shake well to cover. Brown chicken in oil. Pour off fat. Combine remaining ingredients, pour over chicken, and simmer ½ hour, stirring a few times. Add more water if sauce is too thick. Serves 4.

Louis Dole

CHICKEN RICE

Mix:

1 c. brown rice
1 can mushroom soup
1 Tbsp. onion soup mix
2 c. water
1 tsp. Bells seasoning (optional)

Mix. Spread mixture over bottom of large rectangular pan. Put 4 chicken legs on top. Cover with foil. Bake at 350° for 1½ hours. (Remove fat and most of skin before.)

RICE CHICKEN CASSEROLE

Cook ½ cup rice. Chop 1 medium onion and 2 stalks celery. Mix with cooked rice; put preceding on bottom of casserole on top of 2 chicken breasts. Pour 1 can mushroom soup and ½ cup water over all mixture. Bake at 350° for 40 minutes.

Mildred Nelson

DORRIT'S FAVORITE CALIFORNIA CHICKEN PIE
(Variation from 1956 Visiting Nurse Cookbook)

Cook gently for 5 minutes:

1½ c. carrots, cubed
½ c. onion, chopped

Add 1½ cups potatoes (cubed). Cook until just tender. Add 1 cup peas (canned or frozen) and remove from heat.

Prepare white sauce:

2 Tbsp. butter
4 Tbsp. flour
1 tsp. salt
2 c. milk

Combine with vegetables and add 1 or 2 cans drained tuna fish (packed in water). Pour into a greased casserole. Sprinkle with buttered crumbs and bake until crumbs are browned and sauce is bubbling. Or top with a pie crust that hangs over the edges.

Judy Siegfried

CHEESY CHICKEN AND BROCCOLI

This is a real quick-to-fix supper, served on rice with hot rolls on the side makes a delicious meal for kids and adults! Be sure to start the rice first as the recipe cooks in approximately 20 minutes. Serves 4 to 5 amply.

Cooking spray
1 large boneless chicken breast, cut into 1 inch pieces
1 can condensed cream of chicken soup
½ can light cream or milk
1 heaping Tbsp. Dijon mustard
½ to 1 c. shredded Cheddar cheese
3 Tbsp. chopped pimiento
1 (16 oz.) pkg. frozen cut broccoli, thawed
3 to 4 c. hot cooked rice

Heat large skillet on high heat. Spray skillet lightly with cooking spray and stir-fry chicken pieces till opaque. Reduce heat to medium high; add soup and cream, stirring till smooth. Bring to simmer, then turn to low heat. Add mustard and cheese; stir till melted. Add pimiento and broccoli; cover and let cook till broccoli is heated through. Serve on hot rice.

Trish Brewer

ARROZ CON POLLO - RICE WITH CHICKEN

1¼ c. uncooked quick cooking rice
2 Tbsp. chopped fresh parsley
1 can chicken broth
1 can tomato paste
1 can sliced, drained mushrooms
¼ c. water
¼ c. dry white wine
¼ c. chopped onion
2 tsp. basil
1 tsp. garlic salt
¼ tsp. Italian seasoning
1 c. shredded Mozzarella cheese
¼ c. grated Parmesan cheese

Spread rice in bottom of greased 13x9 inch baking dish. In small bowl, stir together 1 tablespoon of the parsley plus other ingredients, except the chicken and cheeses. Pour over rice. Arrange chicken on top of rice. Bake, covered, at 350° for 45 to 50 minutes. Uncover and sprinkle cheeses over top and bake 5 minutes longer. Sprinkle remaining parsley over top. Serve. Makes 6 servings.

Betty Guiu

OVEN FRIED CHICKEN

2 slices white bread
1 Tbsp. flour
1 tsp. dehydrated parsley flakes
½ tsp. poultry seasoning
½ tsp. salt
½ tsp. paprika
¼ tsp. garlic powder
⅛ tsp. ground pepper
2 Tbsp. skimmed milk
1 lb. skinned, boned chicken or turkey

In bowl, combine bread crumbs, flour, and seasonings. (I put mine in a plastic bag.) Dip chicken in milk, then in bread crumb mixture to coat. Place in a nonstick baking pan. Sprinkle evenly with remaining crumbs and milk. Bake at

400° for 15 to 20 minutes until tender. I cook it for 30 to 45 minutes with bones in the chicken.

Ruth E. Lemee

CHICKEN DIVAN

You will need 3 chicken breasts (oven fried). Take chicken off bones and slice. Place in greased cake pan. Cook frozen broccoli as directed. Drain and spread on chicken; heat can mushroom soup as directed. Add 4 ounce can sliced mushrooms; spread on other ingredients. Add bread crumbs and Parmesan cheese. Heat until bubbling in a 350° oven. Serves 6.

You judge the amount of bread crumbs and Parmesan cheese. Do not butter bread crumbs, just sprinkle them on.

Irva Miller

CALICO CHICKEN NOODLE CASSEROLE

2½ c. cooked, diced chicken
2 Tbsp. butter
½ c. chopped celery
⅓ c. green pepper
⅓ c. onion
1 can tomatoes, broken up
1 can cream of mushroom soup
1 can milk
½ tsp. salt
1 c. shredded cheese
1 (5 oz.) pkg. medium noodles, cooked and drained

In a skillet, melt butter; add celery, onions, and peppers. Saute until soft; add tomatoes, chicken, and noodles. Stir in soup and milk mixture and heat. Add cheese, stirring until melted. Put in greased casserole dish. Bake at 375° for 20 minutes.

Winifred Porter, Gustaf Newcomb

ZESTY BROILED CHICKEN PIECES

1 lb. boneless, skinless chicken breasts (4½ breasts)
¼ c. mayonnaise
1 Tbsp. Dijon mustard

Defat chicken. Combine chicken, mayo, and mustard. Place on broiler pan sprayed with "Pam." Broil 4 to 5 minutes on each side. Tastes even better if overcooked.

Merrilee Phinney

BAKED CHICKEN FINGERS

1 lb. skinless, boneless chicken breasts
¼ c. mayonnaise
½ c. Italian bread crumbs

Defat breasts and cut each piece into 4 strips. Spread thin coating of mayonnaise on each piece of chicken. Roll in bread crumbs (or in crushed Rice Krispies or corn flakes). Place on cookie sheet sprayed with "Pam." Bake in a 425° oven (preheated) for about 15 to 20 minutes. Turn once.

CHICKEN BREAST CASSEROLE

4 chicken breasts, cut in halves to make a total of 8 pieces
3/4 stick margarine
1/2 of 1 pkg. onion soup mix
1 (3 oz.) can small button mushrooms

Place chicken breasts in baking dish. Dice margarine and place under and over the chicken. Shake onion soup mix so that the contents are well mixed, then sprinkle 1/2 package over chicken. Bake at 400° for 15 minutes, then at 350° for 45 minutes. Arrange mushrooms over top and continue baking for another 15 minutes.

For a milder taste, shake chicken in a bag of Shake 'n Bake instead of using onion-soup mix. May be made ahead and refrigerated. Reheat for 30 minutes until bubbly.

Irva Miller

SALMON WIGGLE

1 lb. can red salmon
2 pkg. frozen peas
Pearl onions in cream sauce
8 toast cups
1 c. milk (approx.)

Flake salmon, removing pieces of dark skin and bones. Prepare vegetables as directed on package. Make toast cups by cutting crusts from slices of white bread, then fitting them into muffin cups. Bake in a 400° oven until brown on edges (about 8 minutes). Combine salmon and vegetables. Add enough milk so the mixture is of pouring consistency, about like medium white sauce. Cook over low heat until bubbling hot. Spoon mixture into hot toast cups and serve at once.

Irva Miller

SWEDISH MEAT BALLS

1 lb. ground round
1 tsp. salt
1 tsp. sugar
1 medium onion, grated
1/2 c. mashed potato
1/2 c. bread crumbs
1/2 c. cold water
Pinch of nutmeg (or cloves)

Double amount for family parties. Mix in order given. Work the mixture well. Make into small balls and either fry in 1/2 butter and Spry until browned all over. (I broil mine under broiler about 3 to 5 minutes on each side, shaking cookie sheet so they will not flatten out or they will be too greasy.)

Irva Miller

MEAT PIE

Place layer of stew beef on bottom of baking pan. Place layer of sliced potatoes, layer of sliced onions, and layer of flour, salt, and pepper. Repeat. Pour boiling water over all to cover. Bake in slow oven at 325° for 3 hours. Before serving, cover with pie crust. Watch water doesn't boil away; add more, if necessary, while cooking.

Irva Miller

HAMBURG AND CORN CASSEROLE

1 lb. ground beef
½ c. chopped onions
½ c. chopped green peppers
1 c. chopped celery
2 tsp. seasoned salt
1 can whole kernel corn, drained
1 can tomato sauce
2 c. mashed potatoes

Brown beef in skillet until crumbly. Add onions, green peppers, and celery; saute until the vegetables are clear and transparent. Add the seasoned salt, corn, and tomato sauce. Heat thoroughly. Place mixture in 2 quart casserole. Top with mashed potatoes. Bake in hot oven (400°) for 20 minutes. (Leftover mashed potatoes may be used.)

Winifred Porter

ESCALLOPED HAM AND POTATOES

4 medium potatoes
1 c. chopped onions
2 (1 inch) thick slices ham
4 c. milk

Peel and slice potatoes. Cut ham into serving pieces. Place ham on bottom of greased casserole. Make a layer of chopped onion; add potatoes and cover with milk. Bake, covered, in 325° oven for 1¼ hours. Uncover and continue baking for 15 minutes, or until potatoes are slightly browned. May be made ahead and stored in refrigerator. Reheat at 300° for 20 to 30 minutes.

Irva Miller

BEEF STROGANOFF

¼ lb. butter
1½ lb. steak, sliced
1 medium onion, chopped
½ lb. fresh mushrooms, sliced
1 Tbsp. tomato paste
1 Tbsp. paprika
1 pt. sour cream
Juice of ¼ lemon
1 tsp. salt
¼ tsp. pepper

Brown ½ meat in ⅓ butter; remove to casserole. Brown other ½ meat in ⅓ butter; remove to casserole. Brown onions and mushrooms in remaining butter. Stir in tomato paste and paprika. Mix in sour cream and pour over meat in casserole. Cover and simmer in 350° oven for 20 minutes. Add lemon juice, salt, and pepper. Stir well.

Trudy and Arthur Leland

HAM AND PORK LOAF

1 lb. ground ham, baked
1½ lb. ground pork (very lean)
2 beaten eggs
1 c. milk
1 c. crackers (royal lunch)
Pepper and a little salt

Bake meatloaf at 400° for 1½ hours.

Syrup:

1½ c. dark brown sugar
½ c. water
½ c. vinegar
1 Tbsp. dry mustard

Cook slowly till syrupy. Pour over meat every 20 minutes. Serves 6 to 8.

Diana Leach

CORNED-BEEF AND CABBAGE CASSEROLE

1 (10 oz.) can condensed cream of celery soup
½ c. chopped onion
1 c. diced, cooked corned beef
4 c. coarsely shredded cabbage
1 tsp. dry mustard (optional)

Mix all ingredients in 1½ quart casserole (greased). Cover. Bake at 375° for 45 minutes.

Irva Miller

PARTY PORK CHOPS

Trim fat off chops; salt on both sides. Place in pan. On each chop, put a slice of lemon, a slice of onion, 2 tablespoons brown sugar, and 1 tablespoon ketchup. Cover with foil and bake in a 350° oven 1 hour. Remove foil and bake ½ hour, basting occasionally. Strain juices. Serve as sauce.

Mary Mitchell

VEAL SCALLOPINI WITH TOMATOES

1½ lb. veal, cut thin, trimmed, boned, and pounded (I use veal for stew - it's much less expensive and you have the same results)
Flour
1 Tbsp. butter
1 Tbsp. olive oil
½ lb. thinly sliced mushrooms
½ to 1 clove pressed garlic
2 Tbsp. chopped fresh parsley
2 Tbsp. chopped fresh basil
½ c. peeled, seeded, and diced fresh tomatoes
½ c. Holland House Marsala wine for cooking
2 Tbsp. fresh ground Parmesan cheese
½ lb. cooked, buttered egg noodles

Preheat oven to 325°F. Cut veal into 1 inch squares. Dredge them in flour. Brown in a mixture of butter and oil. Add remaining ingredients, except noodles. Cover and cook in a 325° oven for about 45 minutes. Serve over noodles.

Michelle Benoit

TURKEY ACCOMPANIMENT

For a delicious holiday turkey accompaniment, combine 1 (14 ounce) jar of cranberry orange relish with 1⅓ cups ready to use mincemeat.

Marion Statskowski

MRS. RICE'S RICE AND HAMBURG CASSEROLE
(From 1956 Visiting Nurse Cookbook)

1 small onion, chopped
2 or 3 stalks celery and tops
1 lb. hamburg
2 cans chicken and rice soup
½ can water
½ c. rice (uncooked)
Salt to taste (the soup provides a lot of salt)
Pepper (if desired)

Saute onion and celery in a small amount of butter or oil. Remove to large greased casserole. Saute hamburg, drain fat, and add to casserole along with remaining ingredients. Mix well and bake for 1 hour at 400°. After ½ hour, stir; add more water if too thick.

Judy Siegfried

BAKED BEANS FOR A LARGE GROUP

8 bacon slices, pan-fried until crisp, drained, and crumbled
4 large onions, peeled and cut in rings
⅓ c. brown sugar
1 tsp. dry mustard
½ tsp. garlic powder
½ tsp. salt
½ c. cider vinegar
2 (15 oz.) cans butter beans, drained
1 lb. can kidney beans, drained
2 (1 lb.) can baked beans (not drained)

Place onions in skillet. Add sugar, mustard, garlic powder, salt, and vinegar. Cook, covered, 20 minutes. Add onion mixture to beans and pour into casserole or large pan. After mixing, stir in bacon. Bake in a 350° oven for 1 hour. Serves 12.

Cynthia James

MAMIE'S BAKED BEANS (GREAT NORTHERN BEANS)
(Use large bean pot)

3 c. dried beans
½ tsp. dry mustard
1 Tbsp. brown sugar
¾ c. molasses
1 tsp. salt
Onion
¼ lb. salt pork
Boiling water to cover beans

Put onion in bottom of pot. Add ½ beans and salt pork. Soak overnight; drain. Add remaining ingredients. Bake in a 350° oven ½ hour. Bake in a 325° oven ½ hour. Bake in 300° oven 4 to 5 hours. Water occasionally.

Cynthia James

CHUCK WAGON BEANS
(For a cookout or party)

½ lb. bacon slices
3 lb. ground beef
About 3 c. finely chopped onions
1 c. finely chopped celery
2 beef bouillon cubes
⅔ c. boiling water
1½ cloves garlic, minced
1½ c. ketchup
3 tsp. prepared mustard
1½ tsp. salt
½ tsp. pepper
2 (29 oz.) cans molasses-style baked beans

Heat oven to 375°. In Dutch oven or large roasting pan, fry bacon until crisp; set aside. Drain fat from pan. In same pan, cook ground beef, onion, and celery until meat is browned and onion is tender. Dissolve bouillon cubes in boiling water; stir meat mixture and remaining ingredients. Cover and bake 1 hour and 15 minutes or until hot and bubbly. Crumble bacon; sprinkle over beans. Makes 12 servings (1 cup each).

Jeanne Andrade

CHICKEN LIVERS

Saute in pan onions. Add chicken livers. Put in small casserole. Add ½ cup crushed pineapple and soy sauce if desired. Bake for approximately 30 minutes at 350°.

Ruth Lemee

KELLY'S LEFTOVER CASSEROLE

2 potatoes, cut into cubes (leftover cooked)
1 can tuna
1 can peas
Any other vegetables (leftover)
Butter or margarine
Mozzarella cheese
Any other vegetable leftover

In casserole dish, place ½ potatoes on bottom. Place a couple pats of butter on top; pour in ½ can peas, then ½ of any leftovers you may have. Repeat. On top of casserole, sprinkle cheese. Bake at 350° for 15 to 25 minutes until cheese melts.

Kelly Benoit

KAEDJERE

Make a white sauce with 4 tablespoons margarine, 4 tablespoons flour, and 2 cups milk. Add 1 teaspoon curry or to taste. In a casserole, put 2 cups cooked rice, 1 can tuna (cut-up), 2 hard-boiled eggs (cut-up), 2 tablespoons minced green pepper (cooked), 2 tablespoons minced pimento or red peppers (cooked), and a small can of mushrooms. Add white sauce and mix a little. Bake at 325° for ½ hour.

Lois Dole

SAUSAGE CASSEROLE

Heat oven to 400°.

1 orange, cut-up, or small can mandarin oranges
2 apples, cut-up, or 1 can apple pie filling
1 can yams, cut-up
1 pkg. Brown and Serve sausage

Layer in this order in casserole. Sprinkler with cinnamon and brown sugar. If you use fresh fruit, cover and cook for 20 minutes. Remove cover and brown sausage. If you use canned fruit, don't cover and cook only 20 minutes or so.

Emma O. Paige

SIX-LAYER CASSEROLE

Cover the bottom of casserole with a layer of potatoes (sliced and salted). Cover this with a layer of onions, layer of carrots, and layer of peas. Sprinkle a thin layer of uncooked rice over the peas and top it with 1 pound of browned ground meat.

Pour 1 large can of tomatoes over all and bake at 375° for 2 hours. Use a 4 inch casserole (can use creamed corn, also - also, lima beans and/or parsnips).

Irva Miller

MOM'S SPAGHETTI SAUCE

Brown 1 pound or so hamburg with 3 to 4 tablespoons green pepper and 2 tablespoons minced onion. Pour extra fat. Add 1 can tomato soup, 1 can tomato paste, 1 can tomato sauce or pasta ready tomatoes, 1 teaspoon dried oregano, and ½ teaspoon garlic (minced). Simmer about 30 minutes.

This can also be put together in the morning and refrigerated until needed, then heated up.

Lois Dole

CLAM CASSEROLE

1 pt. warm milk
½ c. margarine
2 beaten eggs
2 c. saltines, broken up
1 small onion, chopped
2 regular size cans Snow's minced clams or 1 pt. fresh clams
Liquid from clams

Take warm milk; add ½ cup margarine. Dissolve and add 2 beaten eggs and 2 cups saltines (not fine crumbs). Add onions (chopped) and the clams with liquid. Mix and dot with butter and put in 2 quart baking dish, greased and covered. Cook 45 minutes at 350°.

Ruth Copeland

SALMON MOUSSE

Mash 2 (1 pound) cans of red salmon, including liquid. Add 1 cup diced celery, 1 tablespoon grated onion, 1/2 cup minced pepper, 1/2 cup chopped pimento (drained and squeezed), 1 1/2 cups mayonnaise, 1/4 cup lemon juice, and 1/4 teaspoon pepper. Mix well and then stir in gelatine. Pour into mold and chill overnight.

Gelatine: Soften 2 envelopes of unflavored Knox gelatine in 1/2 cup water over medium heat and cool.

Diane Leach

STUFFED QUAHOGS

12 quahogs
1/3 c. melted butter
1 loaf Italian bread
2 Tbsp. Worcestershire sauce
Parsley flakes
2 Tbsp. minced onion
1 onion, chopped
1 c. celery, chopped

Heat butter; saute celery and onion (put through meat grinder). Add quahogs (put through meat grinder). Take Italian bread and break up inside (not the crust). Add the sauteed onion, celery, and quahogs. Don't have mixture too wet. Fill shells. Shake paprika on top. Bake on cookie sheet in a 350° oven about 25 to 30 minutes.

Grace Rainey

BROILED SWORDFISH

Marinate 1 1/2 pounds swordfish steaks (3/4 inch thick) in 1/4 cup each vegetable oil, soy sauce, lemon juice, 1 tablespoon grated orange rind, 2 cloves minced garlic, and 1 teaspoon ginger root. Refrigerate 1 hour. Broil 5 minutes per side or until well done. Makes 4 servings.

Three ounces broiled swordfish contains 129 calories, 4 grams fat, and 41 milligrams cholesterol.

Grace Rainey

SALMON LOAF

Flake 1 can salmon (red).

Add:

1 c. cracker crumbs
1 c. milk
2 eggs, well beaten
Salt and pepper to taste
2 tsp. lemon juice

Add 1 tablespoon chopped parsley and 2 teaspoons minced onions. Steam 1 hour or bake 45 minutes in moderate (350°) oven.

Ruth Lemee

Breads, Rolls

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

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CHEESE BREAD

1 c. milk
3 Tbsp. sugar
1 Tbsp. salt
1 Tbsp. shortening
1 c. very warm water
2 pkg. active dry yeast
1 c. grated Cheddar cheese
4½ c. sifted flour

Scald milk; stir in sugar, salt, and shortening. Cool to lukewarm. Measure very warm water into bowl. Sprinkle in yeast; stir until dissolved. Add lukewarm milk mixture, grated cheese, and flour. Stir until well blended, about 2 minutes. Cover. Let rise in warm place, free from drafts, until more than doubled in bulk, about 45 minutes. Stir batter down. Beat vigorously, about ½ minute. Turn into greased 1½ quart casserole or two 9x5x3 inch loaf pans. Bake, uncovered, in a moderate oven (375°) about 10 minutes.

Diana Leach

CHEESE ONION SQUARES

1½ c. Bisquick
1 c. milk
1 stick margarine
1 egg
1 large sweet onion, chopped
1 stick sharp cheese, grated
2 tsp. butter
Poppy seeds

Melt butter in 13x9 inch pan. Set aside. Saute onion in 1 stick of margarine. Pour into bowl; add ½ of grated cheese to onions; add Bisquick, milk, and egg. Mix well. Pour into pan. Sprinkle with poppy seeds and rest of cheese. Bake at 400° for 20 minutes.

Diana Leach

WHITE BREAD

1 pkg. yeast or 1 yeast cake
½ c. warm water
1 tsp. sugar

Mix together and let set for 15 minutes. Put cup in pot of very hot water. Add preceding mixture to 6 cups of very warm water, ½ cup Wesson oil, 2 heaping cups of dry milk powder, 2 teaspoons salt, ½ cup sugar, and 1 or 2 eggs (beaten first). Stir around and add almost 5 pounds of flour; stir. Cover with a damp towel. Let rise in a warm oven or sunny place or overnight. Dump out onto a floured board; punch down. Knead. Shape into loaves. Put in greased pan. Let rise again. Punch down twice if you want a finer texture bread. Bake at 425° for ½ hour.

Diana Leach

BANANA NUT BREAD

1¾ c. all-purpose flour
1¼ tsp. baking powder
½ tsp. soda
⅔ c. sugar
⅓ c. shortening
2 eggs
2 Tbsp. milk
1 c. mashed ripe banana
¼ c. chopped nuts

Stir together flour, baking powder, soda, and salt. Set aside. In a mixer bowl, beat sugar and shortening with mixer until light, scraping sides of bowl often. Add eggs, one at a time, and the milk, beating until smooth after each addition. Add flour mixture and banana alternately to creamed mixture, beating till smooth after each addition. Fold in nuts. Turn batter into a lightly greased 8x4x2 inch loaf pan. Bake at 350° for 60 to 65 minutes or till a wooden pick inserted near center comes out clean. Cool in pan 10 minutes. Remove. Cool before slicing.

Elizabeth Sylvia

BANANA TEA BREAD

1¾ c. sifted all-purpose flour
2 tsp. baking powder
¼ tsp. baking soda
½ tsp. salt
⅓ c. soft shortening
⅔ c. granulated sugar
2 eggs (unbeaten)
1 c. mashed ripe bananas (2 or 3)

Start heating oven at 350°. Grease loaf pan. Sift flour, baking powder, soda, and salt. Mix in mixer shortening with sugar, then add eggs until very light and fluffy. At low speed, beat in flour mixture alternately with bananas, just until smooth. Turn into pan. Bake 1 hour or until done. Cool in pan 10 minutes. Remove. Cool before slicing.

Irva Miller

BANANA BREAD

Cream together:

⅔ c. sugar
2 eggs
5 Tbsp. shortening

Sift:

1¾ c. flour
¾ tsp. baking soda
1¼ tsp. cream of tartar
Salt
3 bananas, mashed

Add alternately with flour until all creamed together (bananas and flour). Bake at 350° for 1 hour or until done in middle.

Jeanne Andrade

DATE NUT BREAD

½ c. chopped dates, soaked in ¾ cup boiling water with 1 teaspoon soda
1 c. sugar, blended with 1 Tbsp. butter and 1 egg
1⅓ c. flour and ½ tsp. salt (sifted together)

Add soaked dates and water, ½ teaspoon vanilla, and ½ cup nuts (chopped). Bake at 350° for 40 to 50 minutes. Do not overbake. I like it with cream cheese or pineapple cream cheese on top.

Olive Martin

OUR FAVORITE BANANA BREAD
(Variation from Elmwood Cookery, 1956)

Preheat oven to 350°. Grease 9½ x 5 inch loaf pan. You'll need 2 small bowls and 1 larger one and chopped walnuts.

Sift or mix well together:

1¾ c. flour
¼ tsp. baking powder
½ tsp. salt
½ tsp. cinnamon
½ tsp. nutmeg

Mash 2 or 3 very ripe bananas (at least 1 cup), then beat.

Cream together until light and fluffy:

⅓ c. shortening (or use ½ butter)
⅔ c. brown sugar

Add: 2 eggs and beat well. Beat in flour mixture alternately with bananas, ending with flour mixture. Add ½ cup chopped walnuts. Pour into loaf pan and bake approximately an hour, depending on oven. If 8 inch loaf pan is used, it may need to cook longer. Bread is done if loaf just begins to pull in from sides of pan and toothpick comes out clean.

Judy S.

ZUCCHINI BREAD

3 eggs
¾ c. salad oil
1 c. granulated sugar
2 c. grated zucchini
2 c. flour
¼ tsp. salt
1 tsp. vanilla
1 c. dates, currants, and raisins, mixed with chopped nuts
1 tsp. baking powder
1 tsp. cinnamon

Mix in zucchini and chopped fruit last thing. Bake in 2 small bread tins. Bake at 350° for first 20 to 25 minutes, then turn down to 325° for about 40 minutes. Bake an hour. *Great!*

Cynthia James

SWAN JOHNEY CAKE

1½ c. Indian meal (corn meal)
½ c. flour
Dash of salt
2 tsp. baking powder
¼ c. sugar
½ c. milk
1 egg
1 Tbsp. lard

Mix dry ingredients together and put aside. Beat egg and add to milk. Add to dry ingredients. Mix well and add lard. Bake ½ hour in 400° oven.

Recipe in memory of Mildred Emerson Swan

GREEN TOMATO BREAD

8 to 10 medium green tomatoes
(makes 2 c. pulp)
⅔ c. seedless raisins
⅔ c. boiling water
⅔ c. vegetable shortening
2⅔ c. sugar
4 eggs
3⅓ c. flour
2 tsp. baking soda
1½ tsp. salt
1 tsp. cinnamon
1 tsp. cloves
¾ c. pecans or walnuts

Peel and core tomatoes (no seeds). Put in blender until smooth and creamy (it should make 2 cups of pulp). Soak raisins in boiling water; cool. In large bowl, cream shortening and sugar. Add eggs, pulp, raisins, and water. Beat well. In another bowl, add dry ingredients and nuts. Add 1 cup at a time to wet mixture. Stir well. Makes two 5x9 inch loaf pans in 350° oven about 70 minutes.

Marcella Parmenter

YUMMY DATE NUT BREAD
(From Elmwood Cookery, 1956)

Preheat oven to 350°. Grease a loaf pan.

Combine and let stand 5 minutes:

1 c. chopped dates
1 tsp. baking soda
¾ c. hot water

Add and mix well:

¾ c. brown sugar
1 egg
1 tsp. vanilla
½ tsp. salt
¾ c. flour
½ c. walnuts

Lastly, add 1 teaspoon baking powder. Bake 50 minutes to an hour.

Judy Siegfried

FRENCH BREAD

3 c. warm water
2 pkg. active dry yeast
2 Tbsp. sugar
2 tsp. salt
7 c. flour

Sprinkle yeast on top of water; sprinkle sugar and salt on top of yeast and water. Let stand until foamy. Add ½ flour. Mix well. Slowly add rest of flour to form manageable dough. Knead until dough is smooth, about 5 minutes. Cover; let rise once, about 15 to 45 minutes. Cut into 3 pieces; shape into 3 long loaves after letting each piece rest 5 minutes. Place on cookie sheet sprinkled with corn meal. Slash tops. Let rise about 30 minutes. Bake 30 to 40 minutes at 375° preheated.

For crustier bread, spray with fine mist of water before putting in oven or place pan of water on rack below while baking. Baking potatoes at same time will also give a crustier bread.

This recipe may be halved easily. Serve warm on same day as baking. Does not freeze well or taste as special on second day.

Merrilee Phinney

OATMEAL BATTER BREAD

1 cake compressed yeast or 1 pkg. dry yeast
¼ c. lukewarm water
1 c. scalded milk
2 Tbsp. butter or margarine
2 Tbsp. finely packed brown sugar
1½ tsp. salt
1 egg
2¼ c. sifted flour
¾ c. Quaker Oats

Soften yeast in lukewarm water. Pour scalded milk over butter, sugar, and salt. Stir occasionally until butter melts; cool to lukewarm. Beat in egg. Add 1 cup flour to milk mixture and beat 2 minutes at medium speed. Stir in softened yeast. Stir in remaining flour and oats. Cover. Let rise, uncovered, in warm place till double in size, about 1 hour. Beat down; turn into well greased 8½ x 4½ x 2½ inch loaf pan. Let rise, uncovered, in warm place till doubled in size (40 to 45 minutes). Bake in preheated 375° oven 35 to 40 minutes. Remove; butter top.

Diana Leach

OATMEAL BREAD

1 c. water
1 c. milk
3 Tbsp. margarine or butter
1 c. rolled oats
2 tsp. salt
½ c. molasses
1 pkg. active dry yeast
4½ to 5 c. flour

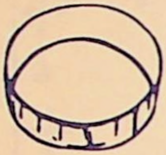
Combine milk, water, and shortening in saucepan and bring to a boil. Shut off heat and add oatmeal and stir. Cool to lukewarm; pour into mixing bowl and add salt, molasses, and yeast. Beat for 2 minutes with electric beater. Gradually add flour, stirring by hand, until dough no longer sticks to the bowl. Place dough on floured board; knead for 8 to 10 minutes. (Use my mixer with dough hook attachment.) Let rise in a greased bowl until double in bulk, punch down, divide in half, and place in 2 greased bread pans. Let rise until double in bulk and bake at 375° for 40 minutes.

Jeanne Andrade

Notes

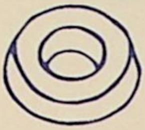
Desserts

Common Baking Dishes and Pans



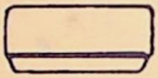
Spring Form Pan

Layer Cake or Pie Pan



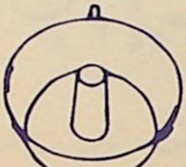
Ring Mold

Baking or Square Pan



Loaf Pan

Brioche Pan



Angel Cake Pan

Bundt Tube

Equivalent Dishes

4-CUP BAKING DISH
= 9″ pie plate
= 8″ x 1 1/4″ layer cake pan
= 7 3/8″ x 3 5/8″ x 2 1/4″ loaf pan

6-CUP BAKING DISH
= 8″ or 9″ x 1 1/2″ layer cake pan
= 10″ pie pan
= 8 1/2″ x 3 5/8″ x 2 5/8″ loaf pan

8-CUP BAKING DISH
= 8″ x 8″ x 2″ square pan
= 11″ x 7″ x 1 1/2″ baking pan
= 9″ x 5″ x 3″ loaf pan

10-CUP BAKING DISH
= 9″ x 9″ x 2″ square pan
= 11 3/4″ x 7 1/2″ x 1 3/4″ baking pan
= 15″ x 10″ x 1″ flat jelly roll pan

12-CUP BAKING DISH OR MORE
= 13 1/2″ x 8 1/2″ x 2″ glass baking dish
= 13″ x 9″ x 2″ metal baking pan
= 14″ x 10 1/2″ x 2 1/2″ roasting pan

Total Volume of Pans

TUBE PANS	
7 1/2″ x 3″ Bundt tube	6 cups
9″ x 3 1/2″ fancy or Bundt tube	9 cups
9″ x 3 1/2″ angel cake pan	12 cups
10″ x 3 3/4″ Bundt tube	12 cups
9″ x 3 1/2″ fancy tube mold	12 cups
10″ x 4″ fancy tube mold	16 cups
10″ x 4″ angel cake pan	18 cups
SPRING FORM PANS	
8″ x 3″ pan	12 cups
9″ x 3″ pan	16 cups
RING MOLDS	
8 1/2″ x 2 1/4″ mold	4 1/2 cups
9 1/4″ x 2 3/4″ mold	8 cups
BRIOCHE PAN	
9 1/2″ x 3 1/4″ pan	8 cups

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DANISH PLUM PUDDING

1 Tbsp. plain gelatin
¼ c. cold water
1½ c. hot water
3 egg yolks
¾ c. sugar
1 pt. heavy cream
1 Tbsp. rum
3 egg yolks

Soften gelatin in cold water, then pour boiling water over it and stir to dissolve. Cool. Whip egg whites; stir in sugar and whip together till creamy. Slowly pour in cooled gelatin and whip together until frothy. Whip cream until and stiff and spoon into individual molds which have been rinsed in cold water. Set in refrigerator.

Augusta Carroll

LEMON-ORANGE PUDDING

1 pkg. lemon jello
1½ c. boiling water
½ c. orange juice
2 Tbsp. sugar
1 tsp. orange rind (optional)
½ c. evaporated milk

Dissolve jello in the boiling water. Add sugar, orange juice, and rind. Chill until mixture is partially "jellied." Whip the evaporated milk until thick and shiny - not stiff. Fold into jello mixture. Chill until firm. Serves 6 to 8.

Anna Buck

OUR FAVORITE APPLE CRISP
(Variation from Eluwood Cookery, 1956)

Preheat oven to 350°.

In a mixing bowl, combine:

1 Tbsp. flour
¼ c. brown sugar
⅛ tsp. salt
⅛ tsp. cinnamon

Add 2 cups pared, sliced apples. Spread into a well-greased glass baking dish or casserole.

Mix together the topping:

¼ c. flour
⅛ tsp. baking powder
½ c. oatmeal (raw, quick-cooking type)
½ c. brown sugar
¼ c. butter

Spread mixture over the apples. Bake for about 25 minutes. Delicious warm with vanilla ice cream melting over it.

Judy Siegfried

APPLE CRISP

5½ c. apples
¼ c. water
½ c. sugar
½ c. brown sugar, packed
½ tsp. nutmeg
½ tsp. cinnamon
¼ tsp. salt
¾ c. flour
½ c. butter (1 stick)

Put apples in 2 quart casserole; add water. Combine sugars, nutmeg, cinnamon, salt, and flour. Cut in butter with pastry blender. Spread evenly over apples. Bake 30 minutes at 350°.

Loretta Lemee

BAKED APPLES

Make baked apples extra special by spooning ready-to-use mincemeat into the center of large cored apples. Bake as usual.

Marion Statskowski

DORITT'S TWICE-COOKED RICE PUDDING

5 c. milk
½ c. uncooked rice
½ c. sugar
½ tsp. salt
1 tsp. vanilla

Mix 4 cups milk with the sugar and salt in heavy-bottomed pan, stirring frequently, until it just reaches the boiling point. Gradually stir in the rice. Cook for 2 hours over simmering water (double boiler). Do not let it boil during this time.

Turn into buttered deep baking dish. Add the other cup of cold milk and vanilla. Bake at 350° until top is lightly browned.

Judy Siegfried

LEMON FLUFF

1 pkg. lemon jello
1⅓ c. hot water
⅛ tsp. salt
¼ c. lemon juice
½ c. sugar
1 can evaporated milk (optional)
2 c. graham cracker crumbs or 2 c. Nilla wafer crumbs

Dissolve jello in hot water. Chill until almost set. Whip chilled evaporated milk until light and fluffy. Blend into jello gently. Pour into crumb lined dish. Refrigerate until firm. This is an elegant dessert. Wonderful alternative to ice cream.

Merrilee Phinney

INDIAN PUDDING

Takes 3 hours to cook (300°).

4 c. scalded milk	1/2 tsp. salt
1/3 c. corn meal	1/4 c. molasses
1/4 c. sugar	2 Tbsp. butter
1/2 tsp. cinnamon	1 egg
1/2 tsp. ginger	

Put 3 cups of scalded milk in double boiler; add corn meal. Stir until thick. Mix other ingredients, except 1 cup of milk and add to milk mixture. Put in greased baking pan (dish). Bake 3 hours at 300°. After 1/2 hour, put in remaining milk. Do not stir. Add raisins if desired.

Gladys Wheeler

AUNT ADELADE'S CAKE (BLUEBERRY COTTAGE PUDDING)

Cream 1/4 c. shortening with 1/2 cup sugar. Add 1 egg; beat well. Sift together 2 cups flour, 3 teaspoons baking powder, and 1/4 teaspoon salt and add alternately with 1 cup milk. Pour into greased and floured 8 inch square pan. Mix 1 cup (approximately) blueberries with a little sugar and place on top of cake. If using frozen, do not defrost. Bake at 350° for 30 to 45 minutes. Serve with the following Custard Sauce.

Custard Sauce: Combine 1/4 cup sugar with 1/4 teaspoon salt, 1/4 cup milk, and 2 beaten eggs in top of double boiler. Stir in 1 1/2 cups milk. Cook over hot (not boiling) water until custard coats a metal spoon (about 10 minutes), stirring often. Remove from heat; cool. Add 1 teaspoon vanilla and 1/4 teaspoon nutmeg. Refrigerate.

Lois Dole

HOT CRANBERRY DESSERT

Wash 1 cup cranberries; dry, cut in halves, and shake to remove seeds. Beat 1 egg with 1 cup sugar; add 1 1/2 cups flour sifted with 2 teaspoons baking powder. Mix well. Melt 2 tablespoons butter in 1/2 cup hot milk. Stir well. Add 1 teaspoon vanilla. Bake in small greased pan 3/4 of an hour at 350°. Serve with warm milk with 1 drop of vanilla or ice cream.

I double the rule. It is good reheated. Great for Thanksgiving or Christmas.

Frances Leland

CRANBERRY CRUNCH

1 c. oatmeal	1/2 c. flour
1 c. brown sugar	1/3 c. margarine

Mix and layer in 8x8 inch pan. Add 1 can whole cranberry jelly over, then cover with remaining dry ingredients. Bake 45 minutes at 350°.

Mildred Nelson

GRAHAM CRACKER CAKE

3 eggs
½ c. sugar
2 c. milk
⅓ c. flour
1 tsp. vanilla
Pinch of salt

Cook all ingredients, but vanilla, until thick, then put vanilla in and arrange in pan (I use a glass pan) and graham crackers as layers. Let cool and serve. The mixture is like a custard and it comes out like a pudding when cooled. First a layer of graham crackers and then some pudding on top, then repeat. You can put cream on top.

Ruth Lemee

SWEDISH APPLE PIE

Sift:

½ c. flour
¾ c. sugar
1 tsp. baking powder
Pinch of salt
Shake of cinnamon

Beat 1 egg and add to preceding. Add 1 cup finely cut apples (diced; skin off). Bake in greased pie plate at 350° for 30 to 40 minutes.

Trudy and Arthur Leland

SWEDISH APPLE PIE

1 tsp. cinnamon
1 Tbsp. sugar
¾ c. butter
1 c. flour
1 egg (unbeaten)
½ c. chopped walnuts
Pinch of salt
Apples (approx. 9 medium)

Slice apples and fill ⅔ full in 9 inch pie plate. Combine cinnamon and sugar; sprinkle over apples. In saucepan, melt butter, sugar, flour, egg, salt, and nuts. Mix well and pour over apples. Bake in a 350° oven for 45 minutes. Let cool and enjoy. *Yum!*

Elizabeth Sylvia

APPLE PIE WITH CHEESE CRUST

2 c. flour
½ tsp. salt
1½ c. finely grated Cheddar cheese
⅔ c. shortening
⅓ c. ice water
7 to 8 apples
⅔ c. sugar
¼ tsp. salt
2 Tbsp. cornstarch
½ tsp. cinnamon
¼ tsp. nutmeg
3 Tbsp. unsalted butter

Stir the flour with salt into a bowl. With a pastry blender or 2 knives, cut in the cheese and shortening until it resembles coarse meal. Add enough ice water to hold the mixture together. Shape into a ball, cover, and chill for 30 minutes. While preparing the apples, preheat the oven to 450°. Peel, core, and slice the apples. There should be about 7 cups.

Combine the sugar, salt, and cornstarch and sift over the apples. Toss to coat the apples well. Sprinkle with the spices.

Michelle Benoit

MOCK APPLE PIE

1 (9 inch) double pie crust
1¾ tsp. cinnamon
1 Tbsp. lemon juice
2½ doz. saltines
1½ c. sugar
2¼ tsp. cream of tartar
¼ tsp. grated lemon rind

Line a 9 inch pie pan with crust. Mix other ingredients and pour over crackers. Dot with butter. Cover with top crust. Cut several 1 inch slits in top crust. Bake in moderate oven (425°) for 35 minutes.

Marion Statskowski

NO CRUST APPLE PIE

5 to 6 apples, pared and sliced
1 Tbsp. sugar
1 Tbsp. cinnamon

Combine.

Add:

1 c. sugar
1 c. flour
½ c. walnuts
1 egg
1 stick melted butter

Mix together and spread over the apples. Bake at 350° for 45 minutes.

Winifred Porter

PUMPKIN PIE

¾ c. light brown sugar
1 Tbsp. flour
½ tsp. salt
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. ginger
¼ tsp. cloves

Mix together.

Add:

1½ c. pumpkin or squash or 1 (15 oz.) can
1½ c. Pet milk
1 egg, slightly beaten
2 Tbsp. molasses

Stir until smooth; pour into deep 9 inch pan. Bake in 450° oven for 15 minutes. Reduce heat to 325° for 45 minutes or until firm.

Gladys Wheeler

PECAN PIE

¼ c. butter
¾ c. brown sugar
1 c. dark Karo
3 well-beaten eggs
1 tsp. vanilla
½ tsp. salt
1 c. chopped pecans (lightly toasted in oven)

Cream butter and sugar; add eggs, vanilla, Karo, salt, and nuts. Pour into pastry shell. Bake 35 to 40 minutes in a 375° oven. *Bon appetit!*

Augusta Carroll

PEACH PIE

1 c. sugar
2 Tbsp. flour
¼ tsp. salt
8 peaches, sliced
1 recipe plain pastry

Sift dry ingredients together and mix with peaches. Line pie pan with pastry; fill with peach mixture and cover with top crust. Bake in very hot oven (450°) 15 minutes. Reduce to moderate (350°) and bake 35 minutes longer.

Marion Statskowski

SPEEDY CUSTARD PIE

Unbaked 9 inch pie shell
4 eggs, slightly beaten
½ c. sugar
¼ tsp. salt
1½ tsp. vanilla
2½ c. milk, scalded
Nutmeg

Thoroughly mix eggs, sugar, salt, and vanilla. Slowly stir in scalded milk. Pour at once into pie shell. Dust lightly with nutmeg. Bake in very hot oven (475°) 10 minutes, then at 425° for 10 minutes or until knife inserted halfway between center and edge of pie comes out clean. Serve cool or chilled.

Marilyn Statskowski

PEANUT BUTTER PIE

1 env. Knox gelatine (unflavored)
1 c. cold water (in all)
2 egg yolks, well beaten
⅓ c. sugar
½ tsp. salt
½ c. peanut butter
2 egg whites
¼ c. sugar
½ tsp. vanilla
1 (9 inch) prebaked pie shell

Soften gelatine in ¼ cup water. Mix egg yolks, half of sugar, ¼ cup water, and salt in double boiler. Add gelatine and beat until thick and fluffy. Cool. Put peanut butter in bowl with rest of water and beat smooth. Add egg mixture and vanilla. Blend with beater. Chill until slightly thick. Beat whites with rest of sugar. Fold into mixture. Pour into shell. Top with whipped cream and refrigerate. Serve.

Emma O. Paige

BRIDGE PIE

½ stick margarine
¾ c. sugar
2 egg yolks
¼ c. milk
¾ c. chopped pecans
1 c. cut dates
1 tsp. vanilla
¼ tsp. salt
2 egg whites, beaten stiff

Cream margarine and add sugar, salt, and vanilla. Add egg yolk, one at a time, beating well after each addition. Beat until mixture is light and creamy. Blend in milk. Mix in dates and pecans. Fold in the beaten egg whites. Turn into ungreased graham cracker crust. Bake 35 to 40 minutes at 350°. Top with whipped cream.

Susan Lemee

DANISH PASTRY

1 pkg. dry yeast
3 c. all-purpose flour
1 c. butter or margarine
3 eggs
1 c. sour cream
1 c. chopped walnuts
1 c. sugar
2 tsp. cinnamon

Sprinkle yeast on flour; add softened butter and blend together. Stir in beaten eggs and sour cream to make a stiff dough. Refrigerate overnight. Divide dough into 4 parts, keeping unused portion in refrigerator. Combine sugar, nuts, and cinnamon. Spread ¼ nut mixture on pastry board and roll out ¼ dough on top into a 12 inch circle. Cut into 8 pie shaped pieces. Drop ½ teaspoon preserve of your choice in center of wedge. Roll up from wide edge, turning both corners over a little bit. Grease cookie tin. Bake at 350° for 30 minutes or until brown. (If Teflon is used, you do not have to grease.)

Diana Leach

VINEGAR PIE

½ c. white sugar
½ c. brown sugar
¼ c. fruit vinegar
Pinch of nutmeg
2 Tbsp. butter, cut into pieces
1 (8 inch) pie shell, baked

Blend sugar and flour in a saucepan. Add 1 cup water and cook over low heat, whisking until mixture thickens. Beat eggs in a bowl, then beat in vinegar and nutmeg.

Stir into sugar mixture in saucepan and cook to a custard consistency for a few minutes. Remove from heat and stir in butter. Pour custard into pie shell and bake in a preheated 350° oven for 50 minutes or until filling has browned. Serves 6.

Note: Vinegar Pie was the pioneers substitute for lemon pie. Our version doubles the usual baking time and turns a pale custard into a caramel-tinged confection.

Diana Leach

FROSTY MINT ICE CREAM PIES

1 pkg. chocolate mint, devils food cake mix
¾ c. chocolate fudge frosting
¾ c. water
¼ c. vegetable oil
6 c. mint chocolate chip ice cream, softened
½ c. chocolate fudge frosting (optional)

Heat oven to 350°. Grease bottom sides of rim of 2 (9 inch) pie pans or round cake pans. In large bowl, blend cake, ¾ cup frosting, water, and oil at low speed until moistened. Beat 2 minutes at highest speed. Spread half of batter in bottom of each pan. Bake 25 to 30 minutes. Do not overbake. Cakes will collapse to form shells. Cool completely.

In large bowl, blend ice cream until smooth. Spread evenly in center of each shell, leaving a ½ rim. If desired, heat remaining frosting just until softened. Drop by spoonfuls on top of ice cream. Swirl with knife. Freeze at least 2 hours before serving. *Great for summertime parties.*

Michelle Benoit

APPLESAUCE COOKIES

½ c. shortening
1 c. sugar
1½ c. unsweetened applesauce
2½ c. flour
2 tsp. baking soda (add to applesauce)
1 tsp. cinnamon
¼ tsp. ground cloves
½ tsp. salt
1 c. raisins
½ c. nuts, chopped

Cream sugar and shortening. Add applesauce mixed with soda. Sift together flour, cinnamon, cloves, and salt; add to preceding. Add raisins and nuts. Drop by teaspoonful on cookie sheet (greased). Bake in a 350° oven about 15 minutes. Makes 4 dozen.

Trudy and Arthur Leland

PECAN BALLS

1 c. shortening
½ c. confectioners sugar
¼ tsp. salt
2¼ c. sifted all-purpose flour
1 tsp. vanilla extract
¾ c. finely chopped, toasted nuts

Cream shortening. Add sugar gradually and cream thoroughly. Add remaining ingredients and blend. Shape into 1 inch balls and place on lightly greased baking sheet. Bake in 400° oven for about 15 minutes. While still hot, roll in confectioners sugar. Cool and roll again in confectioners sugar.

Irva Miller

CHIFFON YELLOW LAYER CAKE

2 eggs, separated
1½ c. sugar
2¼ c. flour
3 tsp. baking powder
1 tsp. salt
⅓ c. oil
1 c. milk
1½ tsp. vanilla

Heat oven to 350°. Oil lightly and dust with flour 2 round layer pans. Beat egg whites until frothy. Gradually beat in ½ cup sugar. Continue beating until very stiff and glossy. Sift remaining sugar, flour, baking powder, and salt into another bowl. Add oil, half of milk and vanilla. Beat 1 minute on medium speed. Add remaining milk and egg yolks. Beat 1 more minute. Fold in meringue. Pour into prepared pans and bake 30 to 35 minutes.

Mildred E. Swan

FUDGE FROSTING

2 sq. (2 oz.) unsweetened chocolate
¼ c. oil
½ c. sugar
¼ c. water
1 tsp. vanilla
2 c. confectioners sugar
⅛ tsp. salt
1 egg yolk

Melt chocolate in oil in 1 quart pan over low heat. Add sugar and water; bring to boil over medium heat, stirring constantly. Boil 1 minute or until mixture thickens. Remove from heat and stir in vanilla, confectioners sugar, and salt. Beat until smooth and creamy. Add egg yolk. Beat as mixture cools and is of spreading consistency. Enough for 2 layer cake.

Mildred E. Swan

CHOCOLATE CAKE FROSTING

1 c. sugar
1 sq. chocolate, shaved
3 Tbsp. corn starch
Dash of salt
1 c. boiling water

Cook until thick, then add 1 tablespoon butter and ½ teaspoon vanilla.

Mildred E. Swan

GINGER COOKIES

⅔ c. oil
1 c. sugar
1 egg
4 Tbsp. molasses
2 c. flour
2 tsp. soda
½ tsp. salt
1 tsp. cinnamon
1 tsp. ginger
¼ c. sugar for dipping

Heat oven to 350°. Mix oil and sugar thoroughly. Add egg and beat well. Stir in molasses. Sift dry ingredients and add. Drop teaspoon into sugar and form into balls coated with sugar. Place on ungreased cookie sheet 3 inches apart. Bake for 15 minutes. Cookies will flatten and crinkle.

Mildred Swan

SHARON'S SUGAR COOKIES

2 eggs
2/3 c. shortening
2 tsp. vanilla
3/4 c. sugar
2 c. flour
2 tsp. baking powder
1 tsp. salt

Mix eggs, shortening, and vanilla well. Add sugar and blend. Combine flour, baking powder, and salt and add to mixed ingredients. Put teaspoonfuls on ungreased cookie sheet. Press with greased bottom glass dipped in sugar. Bake at 325° for 8 to 10 minutes.

Sharon Swan

WHOOPIE PIES

6 Tbsp. shortening
1 c. sugar
1 egg
1 c. milk
1 tsp. vanilla
2 c. flour
1 1/2 tsp. baking soda
5 Tbsp. cocoa
1/2 tsp. salt

Mix in order and drop by teaspoon on greased cookie sheet. Bake at 400° for 10 minutes.

Filling:

3/4 c. shortening
3/4 c. confectioners sugar
6 Tbsp. marshmallow fluff
1 Tbsp. milk

Beat together until fluffy.

Sharon Swan

PUMPKIN COOKIES

1 stick butter
1 1/2 c. sugar
1 egg
2 1/2 c. flour
1 tsp. cinnamon
1 tsp. soda
1 tsp. baking powder
1/4 tsp. vanilla
1 c. pumpkin
1 c. walnuts

Cream together butter, sugar, and egg. Mix together with remaining ingredients. Drop by teaspoons. Bake at 350° for 10 to 12 minutes.

Mildred Nelson

BANANA OATMEAL COOKIES

1 1/2 c. sifted flour
1/2 tsp. soda
1 tsp. salt
1/4 tsp. nutmeg
3/4 tsp. cinnamon
3/4 c. shortening
1 c. sugar
1 egg
1 c. mashed banana
1 3/4 c. rolled oats
1/2 c. nuts
1/4 c. raisins

Sift together dry ingredients. Cream shortening, and sugar and get it creamy and fluffy. Add egg (beaten) and add banana, oats, nuts, and raisins and mix well. Add flour mixture and mix well. Drop by teaspoons on ungreased cooky sheet. Bake in hot oven at 400° about 10 minutes. Makes 3½ dozen cookies.

Ruth Lemee

PEANUT BUTTER COOKIES

¾ c. shortening
1 c. brown sugar
1 c. white sugar
1 tsp. soda
2 c. flour
Pinch of salt
1 c. peanut butter
2 eggs
1 tsp. vanilla

Cream shortening and sugar together; add beaten eggs, peanut butter, and other ingredients. Roll into small balls and place on cookie sheet. Press with fork, making a crisscross design on each. Bake at 350° for 15 to 20 minutes.

Grace Rainey

ALMOND SQUARES

2 eggs, beaten
1 c. sugar
1 tsp. almond extract
1 stick margarine, melted
1 c. flour

Mix together. Pour into greased pan. Sprinkle nuts on top. (I double my recipe to fit in 9x13 inch pan.) Bake at 350° for 25 to 30 minutes.

Tracy Costa

PEANUT BLOSSOMS (HERSHEY'S KISS COOKIES)

1 c. sugar
1 c. brown sugar
1 c. butter or margarine
1 c. peanut butter
3½ c. sifted flour
2 tsp. baking soda
1 tsp. salt
2 eggs
¼ c. milk
2 tsp. vanilla
1 (10 oz.) bag Hershey kisses

Cream sugars, butter or margarine, or peanut butter. Beat in eggs, milk, and vanilla. Sift together flour, soda, and salt; stir into egg mixture. Shape into balls. Roll in additional sugar. Place on ungreased cookie sheet. Bake in a 375° oven for 10 to 12 minutes. Immediately press a chocolate candy into each. Makes 7 dozen.

Tracy Costa

BISCOTTI

½ c. Crisco, melted
¾ c. sugar
3 eggs (add 1 at a time)
2 c. flour
2 tsp. baking powder
1 tsp. vanilla
1 tsp. anise seed

Mix well and put in refrigerator overnight. Next morning, make up balls (like meat balls) and roll in confectioners sugar. Bake at 400° for 8 minutes.

Loretta Lemee

BROWNIES

1/3 c. margarine (5 1/2 Tbsp.)
2 sq. chocolate
1 c. sugar
2 eggs
3/4 c. flour
1 tsp. baking powder
1/2 tsp. salt
1 1/2 tsp. vanilla
1/2 c. coconut or nuts (optional)

Melt margarine and chocolate. Add sugar; mix well. Add eggs; mix well. Mix in flour, baking powder, and salt; add vanilla and coconut or nuts if desired. Spread in greased 8x8x2 inch pan. Bake at 350° about 30 minutes.

Merrilee Phinney

COCONUT MACAROONS

2 egg whites
2/3 c. sweetened condensed milk
1/2 tsp. salt
2 1/2 c. coconut
1 tsp. vanilla
1/2 tsp. almond

Beat egg whites until stiff and dry. Combine milk, salt, coconut, and flavorings. Mix thoroughly. Carefully fold into egg whites. Drop onto well-oiled baking sheet. Bake in slow oven (325°) for about 15 minutes. Makes 30 servings.

Irva Miller

SUSAN'S OATMEAL COOKIES

3/4 c. margarine
1 c. firmly packed brown sugar
1/2 c. sugar
1 egg
1/4 c. water
1 tsp. vanilla
2 c. oats
1 1/4 c. flour
1/2 tsp. salt
1/2 tsp. soda

Mix and bake 10 minutes in a 350° oven.

Susan Lemee

SNICKERDOODLES

1 1/2 c. sugar
1/2 c. margarine
1/2 c. shortening
2 eggs
2 3/4 c. flour
2 tsp. cream of tartar
1 tsp. baking soda
1/4 tsp. salt
3 tsp. sugar

Mix sugar, margarine, and eggs in bowl. Stir in flour, spices, baking soda, and salt. Shape dough by rounded teaspoon into balls. Mix 3 tablespoons sugar in cinnamon. Roll balls in mixture and bake in a 400° oven.

Susan Lemee

VANILLA CRISPS
(Brown edge)

$1/2$ c. butter or margarine
$1/2$ c. shortening
1 c. granulated sugar
2 tsp. vanilla
2 eggs
$2\frac{1}{2}$ c. sifted flour
$1/2$ tsp. salt

Cream butter and shortening together; add vanilla and salt. Add eggs; beat well. Stir in flour and mix well. Drop on cookie sheet 2 inches apart on ungreased sheet. Bake at 375° for 8 to 10 minutes. Remove and cool.

Janet Lemee

BUTTER COOKIES

1 c. butter
$1/2$ c. brown sugar
2 Tbsp. sugar

Cream.

Add:

1 egg yolk
$1/2$ tsp. vanilla
1 Tbsp. milk

Blend in 2 cups all-purpose flour. Roll into balls; press with fork. Bake until light brown in a 375° to 400° oven about 10 minutes.

Mildred Nelson

OATMEAL COOKIES

Cream together:

$1/2$ c. butter
$1/2$ c. sugar
1 egg
$1/2$ tsp. salt
$1/2$ tsp. cinnamon
$1/2$ tsp. baking powder
1 Tbsp. vinegar
$1/2$ tsp. soda
$3/4$ c. flour
1 c. oatmeal

Mix together. Add nuts and $1/2$ cup raisins. Bake approximately 12 to 15 minutes at 350° until done.

Mildred Nelson

GIANT CHOCOLATE CHIP COOKIES

$1/2$ c. butter
$1/2$ c. vegetable shortening
$3/4$ c. sugar
2 eggs
1 tsp. vanilla
2 c. flour
1 tsp. baking soda
1 tsp. salt
$1\frac{1}{2}$ c. chocolate chips

Secret of making giant cookies: Use an ice cream scoop and flatten with a floured hand. *Flatten down real flat.*

Cream butter, shortening, and sugars. Add eggs and vanilla. Add flour, soda, and salt. Stir in chocolate chips. Using ice cream scoop, measure 1/4 cup; place batter 3 inches apart. Flatten with floured hand to 4 inch round. Bake 12 to 15 minutes in a 325° oven.

Susan Lemee

BAKERS BLONDE BROWNIES

1 c. flour
1/2 tsp. baking powder
1/8 tsp. soda
1/4 tsp. salt
1/3 c. butter
1 c. firmly packed brown sugar
1 egg
1 tsp. vanilla
1/2 pkg. chocolate chips (about 3/4 c.)

Melt butter in pan. Mix in sugar; add 1 tablespoon hot water if shortening is used. Stir in egg and vanilla. Add flour mixture and chocolate chips. Bake 20 minutes at 350°. Makes 24 bars (78 calories each).

Susan Lemee

STREUSEL FILLED COFFEE CAKE

Preheat oven to 375°.

3/4 c. sugar
1/4 c. margarine (1/2 stick)
1 egg
1/2 c. milk
1 1/2 c. flour
2 tsp. baking powder
1/2 tsp. salt

Streusel Mix:

1/2 c. brown sugar
2 Tbsp. flour
2 tsp. cinnamon
2 Tbsp. melted butter
1/2 c. chopped nuts or coconut (optional)

Mix cake batter until smooth. Combine Streusel Mix. Spread half of cake batter in greased and floured 8 or 9 inch pan. Sprinkle with half of Streusel Mix. Add remaining batter and sprinkle rest of Streusel Mix on top. Bake 25 to 30 minutes.

Merrilee Phinney

SWEDISH APPLE CAKE

2 c. applesauce
2 c. Zwieback crumbs
4 Tbsp. butter
Few drops of lemon juice
1 Tbsp. butter

Melt butter in skillet; add sifted Zwieback crumbs and stir until nicely browned. Add lemon juice and bitters. Butter baking dish well and arrange crumbs. Bake in moderate oven (375°) 25 to 30 minutes. Cool before unmolding and serve with whipped cream.

Mildred Nelson

STREUSEL COFFEE CAKE

¾ c. sugar
1½ c. sifted flour
2 tsp. baking powder
½ tsp. salt
1 egg
½ c. milk
⅓ c. Crisco oil

Combine sugar, Crisco oil, and egg. Add milk and beat thoroughly. Stir in dry ingredients. Beat until smooth. Spread in a greased 9 inch square pan. Sprinkle with Streusel Topping. Bake at 375° for 30 to 35 minutes.

Streusel Topping:

½ c. brown sugar
2 Tbsp. flour
2 tsp. cinnamon
2 Tbsp. oil
½ c. finely chopped walnuts

Combine all ingredients with a fork. Sprinkle on batter.

Ruth Copeland

NOBBY APPLE CAKE

1 c. sugar
½ stick margarine, melted
1 egg, beaten
3 c. diced apples
¼ c. chopped walnuts
1 tsp. vanilla
½ tsp. soda
½ tsp. salt
½ tsp. baking powder
½ tsp. cinnamon
½ tsp. nutmeg
1 c. flour

Cream butter and sugar; add beaten egg. Add apples, nuts, vanilla, and dry ingredients. Mix well. Bake in buttered 8 inch square pan in a 350° oven 40 to 45 minutes. Spread evenly in pan. Serve squares from pan with whipped cream for extra goodness.

Marion Statskowski

COFFEE CAKE

¼ c. shortening
1 c. sugar
2 eggs
½ tsp. salt
2 tsp. baking powder
1 tsp. baking soda
2 c. flour
1 tsp. vanilla
1 c. sour cream

Topping:

1 tsp. cinnamon
¼ c. brown sugar
¼ c. nuts

Mix shortening and sugar. Add eggs and mix; add sour cream. Add all dry ingredients and mix. Add vanilla and mix. Put half of mix in bread pan and add topping, then add rest of batter and put other half of topping on top. Bake at 350° for 45 to 50 minutes.

Lena Fardie

PEACH CAKE

3 eggs, well beaten
1¾ c. sugar
1 c. cooking oil
2 c. flour
1 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
2 c. sliced peaches
½ c. chopped nuts

Mix thoroughly by hand. Put in greased and floured 13x9 inch pan. Bake at 375° for 50 minutes.

Sharon Swan

ORIGINAL TOMATO SOUP CAKE

2 c. flour
1 tsp. baking soda
2 tsp. baking powder
1 tsp. cinnamon
½ tsp. cloves
1 tsp. nutmeg
½ c. shortening
1 c. sugar
1 tsp. lemon extract
1 (10 oz.) can tomato soup (condensed)
1 c. raisins

Sift flour, soda, baking powder, and spices together 3 times. Cream shortening with sugar until fluffy. Add sifted dry ingredients and tomato soup, alternating in small amounts, beating thoroughly after each addition. Stir in raisins. Pour into baking pan (11x4x3 inches). If you want, you can make a butter or cream cheese frosting.

Mildred Nelson

CRANBERRY NUT ROLL

1 c. cranberries, cut up
1 orange
2 c. flour
½ tsp. salt
½ tsp. baking powder
½ tsp. soda
1 c. sugar
2 Tbsp. shortening
1 egg, beaten
1 c. nuts

Add enough boiling water to shortening to make ¾ cup. Pour into dry ingredients; mix, then add beaten egg, juice, and rind of orange. Mix well, then add cranberries and nuts if desired. Bake 1 hour at 325°.

CHEESE CAKE

1 lb. cream cheese
1 lb. Ricotta cheese
1½ c. sugar
4 eggs
3 Tbsp. flour
3 Tbsp. corn starch
¼ c. melted butter, cooled
2 tsp. vanilla
1 lb. sour cream

Mix; beat 2 cheeses. Add sugar gradually; beat in eggs, one at a time. Add dry ingredients, then vanilla and butter. Fold in sour cream. Pour into ungreased 10 inch spring form pan. Bake on middle rack at 325° for 1 hour. Shut off oven

and leave in for 2 hours. Cool more, then refrigerate, then remove from pan. Add topping if desired.

Karen Lovell

RICOTTA CHEESE CAKE

1 lb. Ricotta cheese (room temperature)
2 pkg. (8 oz.) cream cheese
1½ c. sugar
4 eggs
½ tsp. lemon juice and vanilla
3 Tbsp. cornstarch and flour
¼ c. butter, melted
1 pt. sour cream

Blend Ricotta and cream cheese. Blend in sugar; beat eggs, one at a time. Add vanilla, lemon juice, cornstarch, flour, and butter. Fold in sour cream and blend well. Pour in 10 inch buttered spring pan. Place in cool oven; turn on heat to 350°. Bake 1 hour at least. Do not open oven door. Turn off; leave to cool at least 2 hours.

Alice McMullen

COUNTRY INN LEMON LOAF

6 Tbsp. butter, softened
1 c. granulated sugar
2 eggs, beaten
½ c. milk
1½ c. all-purpose flour
½ tsp. salt
1 tsp. baking powder
Freshly grated rind of 1 lemon

Glaze:

½ c. sugar
Juice of 1 fresh lemon

Cream butter and sugar. Add eggs and lemon rind. Mix well. Sift dry ingredients; add to creamed mixture alternately with milk. Pour into greased and floured loaf pan. Bake 1 hour at 350° (before you take loaf out of oven, spoon glaze on; let stay a few minutes and then remove from oven). Cut when cool.

Marcella Parmenter

EASY LEMON CAKE (POUND)

2¼ c. unsifted flour
2 c. sugar
½ tsp. salt
½ tsp. baking soda
1 tsp. grated lemon rind
1 tsp. vanilla
1 c. margarine, softened
1 c. dairy sour cream
3 large eggs

Put all ingredients in large bowl of electric mixer. Blend at low speed, then beat at medium speed, scraping bowl occasionally with spatula 3 minutes. Pour into greased and floured Bundt or tube pan. Bake in preheated 325° oven 60 to 70 minutes or until top of cake springs back when touched lightly in center. Cool upright in pan 15 minutes, then turn out on rack and cool completely. Drizzle with glaze.

Lemon Glaze: Mix with enough lemon juice and 1 cup confectioners sugar to make glaze of drizzling consistency.

Marge Howard

DORRIT'S DATE SQUARES

Preheat oven to 350°. Lightly grease 8 inch baking pan.

Cook the filling mixture in a heavy bottomed pan until thick, stirring constantly.

1 pkg. dates, cut into small pieces
½ c. brown or white sugar
1 c. water
1 Tbsp. flour
½ tsp. salt

Let it stand while you prepare the lining/topping mixture.

1½ c. uncooked rolled oats
1½ c. flour
1 c. light brown sugar
¾ c. shortening
1 tsp. baking soda
Scant ½ tsp. salt

Mix as for pie crust. Press ¾ of mixture in shallow 8 inch pan. Spread filling, except for ½ inch border. Sprinkle remaining mixture over filling. Press lightly. Bake about 30 minutes.

Judy Siegfried

KAHLUA CAKE

1 c. Kahlua
1 chocolate cake mix
2 large instant chocolate pudding
2 large Cool Whip
4 Heath bars or Skor bars

Make the cake in a 13x9 inch pan and cool it. Make rows of holes all over cake and pour Kahlua over it. Refrigerate overnight.

In morning, make pudding. Separate cake into 3 sections. Take ⅓ of cake and crumble up in bowl; spoon on a layer of pudding, then a layer of Cool Whip and repeat the layers. Freeze the Heath bars and break up in small pieces; sprinkle on top.

Diana Leach

JELLY ROLL

Beat 4 eggs and ¼ teaspoon salt. Add 1 cup sugar and beat well. Sift 1 cup flour with 2 teaspoons baking powder. Add gradually to egg mixture. Stir in ¼ cup of hot milk and 1 teaspoon vanilla. Line a long pan with wax paper. Pour in and bang pan to remove bubbles.

Bake in 400° oven 15 minutes. Remove wax paper and cool. Trim edges if hard. Roll the short way and put jelly in. Roll the long way and fill with ice cream. Roll in wax paper and aluminum and freeze. Turn several times. Cut with sharp knife. *Great with berries, sauces.*

Frances Leland

DIABETIC ORANGE COOKIES

1¾ c. flour
2 tsp. baking powder
¼ tsp. mace
2 pkg. sweetener
¾ c. orange juice
½ tsp. grated orange rind
½ c. minus 1 Tbsp. vegetable oil
1 egg
½ c. raisins or nuts or cranberries, chopped

Combine dry ingredients. Add remaining ingredients and mix well. Drop by teaspoon on baking sheet. Bake 15 to 20 minutes in 375° oven in ungreased pan.

Exchange per 2 cookies: 1 bread, 1½ fat.

Emma Paige

CHOCOLATE SCOTCHEROOS

1 c. sugar
1 c. light corn syrup
1 c. peanut butter
6 c. Rice Krispies
1 c. (6 oz. pkg.) Nestle's semi-sweet chocolate bits
1 c. (6 oz. pkg.) Nestle's butterscotch bits

Combine sugar and syrup ins 3 quart saucepan. Cook over moderate heat, stirring frequently, until mixture boils. Remove from heat. Stir in peanut butter; mix well. Add Rice Krispies and stir until well coated. Press mixture into a buttered 13x9 inch pan; cool. Melt Nestle's chocolate and butterscotch morsels together over hot, not boiling, water, stirring until well blended. Remove from heat. Spread evenly over Rice Krispies mixture. Cool until firm. Cut into bars. Yield: 48 bars (2x1 inch).

Grace Rainey

BUTTERSCOTCH BROWNIES

Preheat oven to 350°. Melt over hot water 1 (6 ounce) package butterscotch morsels and ¼ cup butter or margarine. Remove from heat. Stir in 1 cup light brown sugar (packed). Cool 5 minutes. Blend in 3 eggs and ½ teaspoon vanilla. Sift together and stir in 1 cup flour, 1 teaspoon baking powder, and ¾ teaspoon salt. Stir in ½ cup walnuts (chopped). Spread in greased and lightly floured 13x9x2 inch pan. Bake at 350° for 25 minutes. Cool. Cut into 2 inch squares. Yield: 2 dozen.

Grace Rainey

CHERRY SQUARES

1 can cherry pie filling
½ lb. butter or margarine
1 tsp. almond flavoring
¼ tsp. salt
1 tsp. baking powder
2 c. sugar
3 c. flour

Cream butter, sugar, and flavorings. Add eggs, one at a time. Stir in flour, salt, and baking powder. Spread ⅔ cherry pie filling on top of ⅔ batter in 9 x 14

x 1½ inch pan. Spoon drop remaining batter and filling. Bake at 350° for 40 to 50 minutes.

Mary Mitchell

APPLE BROWNIES

¾ c. margarine (1½ sticks)
1½ c. sugar
3 eggs, beaten
1½ c. flour
¾ tsp. baking powder
¾ tsp. baking soda
½ tsp. salt
1 tsp. cinnamon
4 to 5 apples, cut up

Grease and flour pan. Bake at 350° for 35 minutes. Cream margarine and sugar; add beaten eggs and cream more until blended. Add flour and spices; blend more. Add apples last and mix; bake.

Janet Lemee

SWEDISH SPRITZ COOKIES

1 c. butter or margarine
½ c. sugar
1 egg yolk
½ tsp. vanilla
½ tsp. almond extract
2 c. flour

Cream first 3 ingredients well. Add extracts; mix in well. Add flour gradually and mix well. Bake in 350° or 375° oven 10 minutes, until light brown.

Janet Lemee

8-14-97 very good

WENDY'S PEANUT BUTTER BARS

Unbelievably delicious! Be sure to give half of these to a friend!

Mix together well in a large bowl:

2 sticks melted butter (1 c.)
1 tsp. vanilla
2 c. graham cracker crumbs 10 crackers
3 c. powdered sugar
1½ c. peanut butter (creamy or chunky)

Press mixture into a 9x13 inch (preferably glass) pan. Melt 6 ounces of chocolate chips (semi-sweet or milk). Spread melted chocolate evenly on peanut butter mixture; chill for 20 to 30 minutes, then cut into bars. Store in refrigerator. Bring to room temperature to serve.

Trish Brewer

CREAM CHEESE BROWNIES

Cream 8 ounce package cream cheese with ¼ cup sugar, 1 egg, and 1 teaspoon vanilla. Melt 2½ squares unsweetened chocolate. Cream 1 stick oleo with 1 cup sugar, 2 unbeaten eggs, and 1 teaspoon vanilla. Sift together ¾ cup flour with ½ teaspoon baking powder, ½ teaspoon salt, and 1 cup nuts. Beat well. Pour half brownie mixture in greased pan and spread, then spread cream

cheese mixture on brownie mixture. Add the rest of brownie mixture on top. Bake in 8x8 inch pan in 350° oven 35 minutes.

Ruth Copeland

AMISH APPLE CAKE

½ c. butter
½ c. sugar
1 egg
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. nutmeg
2 c. flour
2½ c. finely chopped apple
½ c. finely chopped nuts

Using electric mixer, cream butter and sugar. Add beaten egg and mix. Combine soda, cinnamon, nutmeg, and flour and add to mixed ingredients. Add apple and nuts and mix all together. Pour into large round cake pan and bake at 350° for 1 hour.

Sharon Swan

TWO-EGG SPONGE CAKE

2 eggs
⅔ c. cold water
1¼ c. sugar
1½ c. sifted flour
½ tsp. baking powder
½ tsp. salt
1 tsp. lemon flavor
1 tsp. vanilla

Into a large bowl, place the yolks and add water. Beat this until it looks like enough to make a quart. Combine 1 cup sugar with yolks and water and beat 7 minutes. Add flour, baking powder, and salt mixed together and beat until mixed. Last, add stiffly beaten egg whites into which you have beaten ¼ cup sugar gradually and ½ teaspoon cream of tartar. Add flavorings. Bake in an angel cake pan in a 350° oven for about 45 minutes. Invert on cake rack and cool in pan.

Mildred Nelson

2 EGG ANGEL CAKE

⅔ c. water
2 egg yolks

Beat until the mixture fills bowl ¾ full. Add slowly 1¼ cups sugar to mixture and beat 7 minutes.

Fold in:

1½ c. cake flour
¼ tsp. salt
1 tsp. vanilla

Fold in beaten egg white last. Bake in angel cake pan 40 minutes at 350°. Don't open oven during baking. Invert pan to cool. Do not grease pan.

Frosting:

1 egg white, beaten stiff
⅛ tsp. cream of tartar
3/43 c. confectioners sugar
Few drops of flavoring

Mildred Nelson

MOCHA CAKE

⅔ c. cocoa
2 c. flour
1⅔ c. sugar
1⅓ c. water
⅔ c. butter or margarine, softened
3 eggs
2 tsp. instant coffee
½ tsp. baking soda
1 tsp. vanilla
½ tsp. double acting baking powder
½ tsp. salt
Mocha Butter Frosting

Preheat oven to 350°. Grease 2 (9 inch) round cake pans. Coat bottoms and sides of pans lightly with cocoa. Into large bowl, measure ⅔ cup cocoa and remaining ingredients, except frosting. With mixer at low speed, beat until just mixed. Increase speed to high; beat 4 minutes. Pour batter into pans. Bake for 30 minutes or until done. Cool cake in pans on wire rack only 10 minutes. Remove from pans; cool completely and prepare frosting.

Mocha Butter Frosting: In bowl with mixer at low speed, beat 1 (16 ounce) package confectioners sugar, ½ cup butter or margarine (softened), ¼ cup cocoa, ¼ cup water, 1 teaspoon instant coffee, 1 teaspoon vanilla, and ⅛ teaspoon salt until blended. Increase speed to high; beat 3 minutes or until light and fluffy. Spread evenly on cake. To make pretty swirls it is easier to use a spoon; gently press spoon into frosting. It takes only a twist of your wrist and you have a beautiful effect.

Marge Howard

CRUNCHY CHOCOLATE OATMEAL COOKIES

1 c. Nestle chocolate bits, melted and cooled
½ c. soft butter (not margarine)
½ c. sugar
1 egg
¼ c. corn syrup

Cream butter and sugar; add other ingredients, one at a time.

1 c. quick oatmeal
¾ c. flour
1 tsp. soda
½ tsp. salt
1 tsp. vanilla (last)

Let stand overnight, covered, in fridge. Roll into small balls 1 teaspoon dough (more will make cookies spread too much). Place on large cookie sheet. Bake at 325° for 10 to 12 minutes. Do not overcook. Remove immediately to cooling rack with a wet spatula. Press each cookie gently to flatten. When cool, place in box with tight-fitting cover. Makes 5 to 6 dozen cookies.

Diana Leach

FUDGY OATMEAL BARS

2 c. packed brown sugar
1 c. butter, softened
2 eggs
1 tsp. vanilla
2½ c. flour
1 tsp. baking soda
½ tsp. salt
3 c. quick-cooking or regular oats
1 pkg. Nestle semi-sweet chocolate morsels
1 can sweetened condensed milk
2 Tbsp. butter
1 c. chopped nuts
1 tsp. vanilla
½ tsp. salt

Heat oven to 350°. Grease jellyroll pan (15½ x 10½ x 1 inch). Mix brown sugar, 1 cup butter, the eggs, and 1 teaspoon vanilla in large bowl. Stir in flour, baking soda, and ½ teaspoon salt. Stir in oats. Reserve ⅓ of the oatmeal mixture. Heat chocolate morsels, milk, and 2 tablespoons butter in 2 quart saucepan over low heat, stirring constantly, until chocolate melts. Remove from heat; stir in nuts, 1 teaspoon vanilla, and ½ teaspoon salt. Spread over oatmeal mixture in pan. Drop reserved oatmeal mixture by rounded teaspoons onto chocolate mixture. Bake until golden brown, 25 to 30 minutes. While warm, cut into bars about 2x1 inch. Makes 70 cookies.

Diana Leach

MRS. WARREN GODDARD'S DROP COOKIES

In a large cup, melt ⅓ cup butter; add 2 unbeaten eggs with fork. Fill cup with milk. Into a bowl, sift 1½ cups flour, 1 cup sugar, 1 teaspoon cream of tartar, 1 teaspoon soda, and ¼ teaspoon salt. Mix all together, flavor, and beat until smooth. Bake in drop-cake pans or layer cake pans at 350° until done.

I submitted the preceding recipe to show how ingredients were used years ago. Cream of tartar with baking soda produced the same effect as baking powder. It was a leavening agent.

Helen Jackson

RICE KRISPIES BARS

Bring 1 cup sugar and 1 cup corn syrup to a boil in 3 quart saucepan. Remove from heat and blend in 1 cup peanut butter, then 6 cups Rice Krispies. Put on wax paper or buttered pan for more perfect squares.

Tracy Costa

Notes

Miscellaneous

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

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TASTY BUTTERMILK PANCAKES

1 c. flour
1 Tbsp. sugar
1 Tbsp. corn meal
1 tsp. baking soda
½ tsp. salt
1 egg
1 c. buttermilk
1 Tbsp. melted margarine or butter or use vegetable oil

Mix all dry ingredients together in a bowl. Add egg, buttermilk, and oil. Beat just until well mixed, adding a tablespoon or more of water if batter seems too thick. Cook on hot griddle, turning once when bubbles appear. *Enjoy while hot.*

DAVID'S FRENCH TOAST

For each 2 pieces of toast:

2 pieces of bread
1 egg
⅛ c. milk
Pinch of cinnamon

Beat egg and milk together, then drop bread in bowl and soak both sides. Put the bread in the hot pan and cook it until golden brown. Put as much cinnamon as you want, then eat the toast with syrup on it.

David R. Lemee

PLAIN PANCAKES

2 c. flour
6 tsp. baking powder
¼ c. sugar
1 tsp. salt
2 eggs
2 c. milk
⅓ c. oil

Sift together flour, baking powder, salt, and sugar. Beat eggs; stir in milk and oil. Add dry ingredients; beat to a smooth batter. Drop by tablespoons onto hot ungreased griddle. When bubbles appear on surface, turn and cook other side.

Sharon Swan

BAKED PRETZELS

1 pkg. dry yeast
¾ c. very warm water
½ tsp. salt
1 Tbsp. sugar
2 c. flour

Preheat oven to 425°. Grease cookie sheet. Dissolve yeast in water. Add sugar and salt. Blend flour (add extra flour if sticky). Roll into shapes. Brush with egg. Sprinkle with coarse salt. Place on cookie sheet and bake 15 to 18 minutes. Makes 8 to 10 pretzels.

Susan Lemee

SWEET CUCUMBER PICKLES

5 lb. cucumbers
1½ lb. brown sugar
1 tsp. salt
1 tsp. cloves
1 tsp. cinnamon
1 tsp. ginger

Cut cucumbers lengthwise; remove seeds. Put in large kettle; add sugar and spices on top. Add 1 pint vinegar. Boil until transparent, about 2 hours. Let stand overnight. Boil down in syrup 10 to 15 minutes. Pour into sterilized jars and seal.

Diana Leach

CORN RELISH

12 ears corn
1 medium cabbage
3 red or green peppers
1½ c. sugar
2 c. vinegar
2 Tbsp. mustard seed
2 Tbsp. celery seed
2 tsp. turmeric

Chop cabbage and peppers. Add all but turmeric. Boil 15 minutes. Add turmeric and can hot.

Diana Leach

RASPBERRY JAM

4 c. peeled, chopped tomatoes
4 c. sugar

Bring to boil and boil 15 minutes. Add 1 package raspberry jello and 1 heaping tablespoon black raspberry jello. Boil for 10 more minutes; add 1 tablespoon lemon juice. Refrigerate.

Diana Leach

STRAWBERRY JAM

Pour over 1 quart of ripe berries in a big colander or sieve 2 or 3 quarts of boiling water. Shake to drain off. Put in large kettle and add 2 cups sugar. Boil exactly 2 minutes, then add 2 more cups of sugar and boil hard, stirring constantly, for 5 minutes. Remove from heat and set aside; cover pan with towel and let stand 24 hours. Stir occasionally to prevent floating fruit.

Will be stone cold and thick; seal cold in sterilized jars. Is best to turn into a bowl to stand overnight. Cook only 1 batch at a time.

Diana Leach

BUTTERY CASHEW BRITTLE

2 c. sugar
1 c. light corn syrup
1 c. butter
3 c. cashews, coarsely chopped
1½ tsp. baking soda, sifted

Butter 2 large baking sheets and sides of heavy 3 quart saucepan. In saucepan, combine sugar, syrup, 1 cup butter, and ½ cup water. Cook over medium-high heat to boiling, stirring constantly.

Clip candy thermometer to pan. Cook over medium heat, stirring occasionally, till thermometer registers 275° (soft-crack stage). Stir in cashews; continue cooking the candy, stirring frequently, till the thermometer registers 295° (hard-crack stage). Remove from heat. Sprinkle the soda over mixture onto baking sheets. Cool thoroughly. Break into pieces and store in tightly sealed containers.

Note: One of my favorites for Christmas gifts.

Michelle Benoit

POTATO CANDY

2 c. confectioners sugar
½ c. mashed potatoes (no seasoning)
2 c. shredded coconut
1 tsp. vanilla or almond flavoring
2 sq. unsweetened chocolate

Mix well in a bowl, then press into a pan until 1 inch thick. Top with chocolate (melted) poured over the top. Cool, then cut into squares. Makes 1 pound.

Irva Miller

QUICK TATER SAUCE

¼ or ½ c. sweet or sour relish
1 c. mayonnaise

Mix together well; put over favorite fish. (Always add ¼ or ½ of relish to double amount of mayonnaise.)

Janet Lemee

QUICK SPAGHETTI SAUCE

1 lb. hamburg
1 can Campbell's tomato soup (or any kind)
1 pinch of salt and pepper (but not necessary)

Cook hamburg in fry pan and ½ teaspoon of butter or margarine (to keep meat from sticking to pan). Mix frequently until brown. Pour into deep pan and add 1 can of tomato soup. (Don't add water.) Mix together until heated on low. Pour over favorite spaghetti or noodles and add grated cheese on top for added flavor.

Janet Lemee

BARBECUE SAUCE

1 medium onion
2 Tbsp. butter
2 Tbsp. vinegar
2 Tbsp. brown sugar
4 Tbsp. lemon juice
1 c. catsup
½ c. chopped parsley
½ Tbsp. prepared mustard
½ c. water
3 Tbsp. Worcestershire sauce
Salt
Cayenne pepper

Brown onion in butter. Add remaining ingredients. Simmer 30 minutes.

Grace Rainey

QUICK SALAD DRESSING

French Style:

1 c. mayonnaise
1 c. ketchup

Mix well. Always add same amount of each.

Russian Style: Same as French, but add 1/2 cup relish. Mix well; put over favorite salad.

Janet Lemee

TO MAKE SWEETENED CONDENSED MILK

1 1/2 c. nonfat dry milk powder
1/2 c. water
2/3 c. sugar
1 tsp. vanilla

In a 4 cup measure, mix dry milk and water until smooth. Stir in remaining ingredients; microwave at HIGH 30 seconds to 1 1/2 minutes or until heated but not boiling. Stir every 30 seconds. Substitute for 1 can of sweetened condensed milk.

Diana Leach

Notes

Notes

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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Rebeat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add ¼ teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add ¼ cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour ½ cup of baking soda followed by a cup of vinegar down the drain . . .let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.

CALORIE COUNTER

Almonds:
- roasted in oil, salted, 9-10 nuts . . . 62

Apple butter, 1 tbsp . . . 33
Apple juice, canned or bottled, 1 cup . . . 117
Apples:
- fresh, with skin, 1 average (2½" diameter) . . . 61
- dried, cooked, sweetened, ½ cup . . . 157
- dried, cooked, unsweetened, ½ cup . . . 100

Applesauce, canned, sweetened, ½ cup . . . 116
Applesauce, canned, unsweetened, ½ cup . . . 50
Apricot nectar, canned or bottled, 1 cup . . . 143
Apricots:
- fresh, 3 average (12 per lb.) . . . 55
- canned, 4 halves with 2 tbsp. heavy syrup . . . 105
- canned, water pack, ½ cup with liquid . . . 38

Asparagus:
- canned, drained, cut spears, ½ cup . . . 25
- frozen, 6 spears . . . 23

Avocados, 3⅛" diameter . . . 185

Bacon, fried, drained, 2 medium slices . . . 86
Bacon, Canadian, fried, drained, 1 slice . . . 58
Bagel, egg or water, 1 medium (3" diameter) . . . 165
Bamboo shoots, raw, cuts, ½ cup . . . 21
Bananas, 1 average . . . 118
Bean sprouts, soy, raw, ½ cup . . . 24
Beans, baked, canned:
- with pork and tomato sauce, ½ cup . . . 156

Beans, green or snap:
- fresh, boiled, drained, cuts or French style, ½ cup . . . 16
- canned, with liquid, ½ cup . . . 22

Beans, lima, immature seeds:
- boiled, drained, ½ cup . . . 95
- canned, with liquid, ½ cup . . . 88

Beans, pea, navy, or white, dry, cooked, ½ cup . . . 112
Beans, red kidney, canned, with liquid, ½ cup . . . 115
Beef, choice grade cuts (without bone):
- brisket, lean only, braised, 4 oz. . . . 253
- chuck, arm, lean only, pot-roasted, 4 oz. . . . 219
- club steak, lean only, broiled, 4 oz. . . . 277
- flank steak, lean only, pot-roasted, 4 oz. . . . 222
- ground, lean (10% fat), broiled, 4 oz. . . . 248
- porterhouse steak, lean only, broiled, 4 oz. . . . 254
- rib, lean only, roasted, 4 oz. . . . 273
- round steak, lean only, broiled, 4 oz. . . . 214
- rump, lean only, roasted, 4 oz. . . . 236
- short plate, lean only, simmered, 4 oz. . . . 253
- sirloin steak, double-bone, lean only, broiled, 4 oz. . . . 245
- sirloin steak, round-bone, lean only, broiled, 4 oz. . . . 235
- T-bone steak, lean only, broiled, 4 oz. . . . 253

Beef, corned:
- boiled, medium-fat, 4 oz. . . . 422
- canned, lean, 4 oz. . . . 211

Beef and vegetable stew, canned, 4 oz. . . . 90
Beets:
- boiled, drained, sliced, ½ cup . . . 33

Blackberries:
- fresh, ½ cup . . . 42
- canned, juice pack, ½ cup with liquid . . . 68

Blueberries:
- fresh, ½ cup . . . 45
- canned, water pack, ½ cup with liquid . . . 47

Bologna, all meat, 4 oz. . . . 315
Boysenberries:
- canned, water pack, ½ cup with liquid . . . 45
- frozen, unsweetened, ½ cup . . . 30

Braunschweiger (smoked liverwurst), 4 oz . . . 362
Brazil nuts (3 large nuts) . . . 90
Bread, commercial:
- Boston brown, 1 slice . . . 101
- cracked wheat, 1 slice, 20 per loaf . . . 60
- French, 1 slice . . . 44
- Italian, 1 slice . . . 28
- pumpernickel, 1 slice . . . 79
- raisin, 1 slice, 20 per loaf . . . 60
- rye, light, 1 slice, 20 per loaf . . . 56
- white, firm-crumb type, 1 slice, 20 per loaf . . . 63
- whole wheat, firm-crumb type, 1 slice, 20 per loaf . . . 56

Bread stuffing, mix, mixed with butter, water, ½ cup . . . 250
Broccoli:
- raw, 1 large spear . . . 32
- boiled, drained, cut spears, ½ cup . . . 20

Brussels sprouts boiled, drained ½ cup . . . 28
Butter, 1 Tbsp. . . . 100
Butter, whipped, 1 tbsp. . . . 67

Cabbage:
- red, raw, chopped or shredded, ½ cup . . . 14
- white, raw, chopped or shredded, ½ cup . . . 11

Cake, mix, prepared as directed on package:
- angelfood, without icing, 3½-oz. serving . . . 269
- coffee cake, 3½-oz. serving . . . 322
- devil's food, with chocolate icing, 3½-oz. serving . . . 369
- white, with chocolate icing, 3½-oz. serving . . . 351
- yellow, with chocolate icing, 3½-oz. serving . . . 365

Candies, 1-oz. serving:
- almonds, chocolate-covered . . . 161
- butter mints, after dinner (Kraft) . . . 106
- butterscotch . . . 112
- cherries, dark chocolate-covered (Welch's) . . . 115
- chocolate, milk . . . 147
- chocolate, semi-sweet . . . 144
- coconut, chocolate-covered . . . 124
- fudge, chocolate, with nuts . . . 121
- gum drops . . . 98
- jelly beans . . . 104
- licorice (Switzer) . . . 101
- Life Savers, all flavors except mint . . . 111
- Life Savers, mint . . . 108
- mints, chocolate-covered . . . 116
- marshmallows (Campfire) . . . 100
- peanut brittle . . . 119
- peanut cluster, chocolate-covered (Kraft) . . . 151
- raisins, chocolate-covered . . . 120
- toffee, chocolate (Kraft) . . . 111

Cantaloupe, fresh, ½ melon, 5" diameter . . . 58
Carrots:
- raw, 1 average . . . 21
- boiled, drained, diced, ½ cup . . . 23

Catsup, tomato, bottled, 1 tbsp. . . . 16
Cauliflower:
- raw, flowerbuds, sliced, ½ cup . . . 12
- boiled, drained, flowerbuds, ½ cup . . . 14

Celery, raw, 1 outer stalk (8" long) . . . 7
Cereals:
- All-bran, 1 cup . . . 192
- bran, 100% (Nabisco), 1 cup . . . 150
- bran flakes, 40%, 1 cup . . . 106
- bran flakes with raisins, 1 cup . . . 144
- corn flakes, 1 cup . . . 97
- corn flakes, sugar coated, 1 cup . . . 154
- Cream of Wheat, cooked, 1 cup . . . 133
- farina, quick-cooking, cooked, 1 cup . . . 105
- oat flakes, (Post), 1 cup . . . 165
- oatmeal or rolled oats, cooked, 1 cup . . . 132
- rice, puffed, 1 cup . . . 60
- wheat flakes, 1 cup . . . 106
- wheat, puffed, 1 cup . . . 54
- wheat, puffed, presweetened, 1 cup . . . 132
- wheat, shredded, 1 biscuit (2½" x 2" x 1¼") . . . 89

Cheese:
- American, processed, 1 oz . . . 105
- blue or Roquefort type, 1 oz. . . . 104
- brick, 1 oz. . . . 105
- cheddar, domestic, 1 oz. . . . 113
- cottage, creamed, small curd, ½ cup . . . 112

CALORIE COUNTER

cream, 1 tbsp.	52
cream, whipped, 1 tbsp	37
Gouda, 1 oz.	108
Monterey Jack, 1 oz.	103
Mozzarella, part-skim, 1 oz	85
Muenster, 1 oz.	100
Neufchatel (Borden's), 1 oz	73
Old English, processed, 1 oz	105
Parmesan, grated, 1 Tbsp	23
pimiento, American, processed, 1 oz.	105
Provolone, 1 oz.	99
ricotta, moist, 1 oz.	45
Romano, 1 oz	110
Roquefort, 1 oz.	105
Swiss, domestic, 1 oz.	104
Cheese food, American, processed, 1 oz.	92
Cherries:	
sweet, fresh, whole, ½ cup	41
Cherries, maraschino, bottled, 1 oz. with liquid	33
Chestnuts, fresh, 10 average	141
Chicken:	
broiled, meat only, 4 oz	154
roasted, dark meat, 4 oz., no skin	204
roasted, light meat, 4 oz., no skin	207
Chili, with beans, canned ½ cup	170
Chili, without beans, canned, ½ cup	255
Coconut:	
dried, sweetened, shredded, ½ cup	258
Cod (meat only)	
broiled, with butter, fillets, 4 oz.	192
frozen, fish sticks, breaded, 5 sticks, 4 oz	276
Coffee, prepared, plain, 1 cup	2
Coleslaw, commercial, with mayonnaise, ½ cup	87
Cookies, commercial:	
brownies, from mix, with nuts and water, 1 oz	114
butter thins, 1 piece (2" diameter)	23
chocolate chip, 1 piece (2¼" diameter)	50
coconut bar, 1 oz.	140
fig bar, 1 average piece	50
gingersnaps, 1 piece (2" diameter)	29
graham cracker, plain, 1 piece (5" x 2½")	55
ladyfinger, 1 piece	40
macaroon, 1 piece (2¾" diameter)	91
oatmeal with raisins, 1 piece (2⅝" diameter)	59
peanut sandwich, 1 piece (1¾" diameter)	58
shortbread, 1 average piece	37
vanilla wafer, 1 piece (1¾" diameter)	19
Corn:	
boiled, drained on cob, 1 ear (5" x 1¾")	70
boiled, drained, kernels, ½ cup	69
canned, cream style, ½ cup	105
Corn chips (Fritos), 1 oz.	166
Crackers:	
bacon-flavor, 1 oz.	127
butter, round, 1 piece (1⅞" diameter)	15
cheese, round, 1 piece (1⅝" diameter)	17
Melba toast, white, regular, 1 piece	15
Rye-Krisp, 1 piece (1⅞" x 3½")	21
saltines, 1 piece	12
whole wheat, 1 oz.	114
Cranberry juice cocktail, canned or bottled, 1 cup	164
Cranberry sauce, canned, strained, ½ cup	202
Cream:	
half and half, ½ cup	162
sour, 1 tbsp.	26
whipping, light, ½ cup unwhipped	358
whipping, heavy, ½ cup, unwhipped	419
Cream substitute, non-dairy, dry, 1 tbsp.	33
Cucumber, with skin, 1 large (8¼" long)	45
Dates, domestic, 10 average	219
Duck, domestic, roasted, meat only, 4 oz.	352
Eclair, custard filled, with chocolate icing, 1 average	239
Eggnog, 8% fat (Borden's), ½ cup	171
Eggplant, boiled, drained, diced, ½ cup	19
Eggs, chicken:	
boiled or poached, 1 large egg	82
fried, with 1 tsp. butter, 1 large egg	99
scrambled, with 1 tsp. butter, 1 large egg	111
Endive, raw, 10 small leaves	5
Escarole, raw, 1 large leaf	4
Fat, vegetable shortening, 1 tbsp.	111
Figs:	
dried, 1 large fig (2" x 1")	57
Fish cakes, fried, frozen, reheated, 4 oz.	306
Flour:	
all-purpose, sifted, 1 cup	419
buckwheat, dark, sifted, 1 cup	326
cake or pastry, sifted, 1 cup	349
rye, dark, unsifted, 1 cup	419
wheat, self-rising, sifted, 1 cup	405
Frankfurters, all-meat, 1 average (10 per lb.)	133
Fruit cocktail, canned, water pack, ½ cup with liquid	46
Fruit, mixed, frozen, sweetened, 4 oz	125
Gelatin dessert, flavored, prepared with water, ½ cup	71
Gooseberries, fresh, ½ cup	30
Grape drink, canned, 1 cup	135
Grape juice, canned or bottled, 1 cup	167
Grapes:	
fresh (Concord, Delaware, etc.), 10	18
fresh (Thompson seedless, etc.), 10	34
Grapefruit juice:	
canned, sweetened, 1 cup	133
canned, unsweetened, 1 cup	101
Haddock, fried, breaded fillets, 4 oz.	187
Halibut, fillets, broiled with butter, 4 oz.	194
Halibut, frozen, steak, 4 oz.	254
Halibut, smoked, 4 oz.	254
Ham:	
boiled, packaged, 4 oz. (about 4 slices)	266
fresh, medium-fat, roasted, 4 oz.	426
picnic, cured, medium-fat, roasted, 4 oz.	368
canned, cured, lean only, roasted, 4 oz.	241
canned, deviled, 4 oz.	398
Herring:	
canned, plain, 4 oz. with liquid	236
pickled, Bismark-type, 4 oz.	253
smoked, hard, 4 oz.	340
Hickory nuts, shelled, 4 oz.	763
Honey, strained or extracted, 1 tbsp.	64
Honeydew melon:	
fresh, 1 wedge (2" x 7")	49
Ice cream:	
hardened, rich, 16% fat, ½ cup	165
soft-serve (frozen custard), ½ cup	167
Ice cream bar, chocolate coated, 3-oz. bar	162
Ice cream cone, sugar 1 cone	37
Ice cream cone, waffle, 1 cone	19
Ice milk, hardened, 5.1% fat, ½ cup	100
Ice milk, soft-serve, 5.1% fat, ½ cup	133
Ice milk bar, chocolate coated, 3-oz. bar	144
Jams and preserves, all flavors, 1 tbsp.	54
Jellies, all flavors, 1 tbsp.	49
Kale:	
fresh, leaves only, 4 oz.	80
fresh, with stems, boiled, drained, ½ cup	16
Knockwurst, 1 link (4" x 1⅛" diameter)	189
Kumquats, fresh, 1 average	12

CALORIE COUNTER

Lamb, retail cuts:
- chop, loin, lean only, broiled, 2.3 oz. with bone 122
- leg, lean and fat, roasted, boneless, 4 oz 317
- shoulder, lean only, roasted, boneless, 4 oz 233

Leeks, raw, 3 average 52

Lemon juice:
- fresh, 1 tbsp 4

Lemonade, frozen, diluted, 1 cup 107

Lemons, fresh, 1 average (2⅛" diameter) 20

Lentils, whole, cooked, 1 cup 212

Lettuce:
- iceberg, 1 leaf (5" x 4½") 3
- romaine, 3 leaves (8" long) 5

Limes, fresh, 1 average (2" diameter) 19

Liverwurst, fresh, 4 oz 348

Lobster, cooked in shell, whole, 1 lb 112

Lobster, cooked or canned, meat only, cubed, ½ cup 69

Macadamia nuts, 6 average nuts 104

Macaroni, boiled, drained, ½ cup 96

Macaroni and cheese, canned, ½ cup 114

Mackerel, fresh or frozen, broiled with butter, 4 oz 268

Mangos, whole, 1 average (1½ per lb.) 152

Margarine, salted or unsalted, 1 tbsp 102

Marmalade, citrus flavors, 1 tbsp 51

Milk, chocolate, canned, with skim milk, 1 cup 190

Milk, chocolate, canned, with whole milk, 1 cup 213

Milk, cow's:
- whole, 3.5% fat, 1 cup 159
- buttermilk, cultured, 1 cup 88
- skim, 1 cup 88
- skim, partially, 1 cup 145
- canned, condensed, sweetened, 1 cup 982
- canned, evaporated, unsweetened, 1 cup 345
- dry, whole, 1 tbsp. dry form 35
- dry, nonfat, instant, 1 envelope (3.2 oz.) 327

Milk, malted, beverage, 1 cup 244

Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin 130

Mushrooms, raw, sliced, chopped or diced, ½ cup 10

Mushrooms, canned, with liquid, ½ cup 21

Mustard greens, boiled, drained, ½ cup 16

Nectarines, fresh, 1 average (2½" diameter) 88

Noodles, chow-mein, canned, ½ cup 110

Noodles, egg, cooked, ½ cup 100

Oil, cooking or salad:
- corn, safflower, sesame or soy, 1 tbsp 120
- olive or peanut, 1 tbsp 119

Olives, pickled, canned or bottled:
- green, 10 large (¾" diameter) 45
- ripe, salt-cured, Greek style, 10 extra large 89

Onions, mature:
- raw, 1 average (2½" diameter) 40
- raw, chopped, 1 tbsp 4

Orange juice:
- fresh, California, Valencia, 1 cup 117
- fresh, Florida, Valencia, 1 cup 112
- canned, sweetened, 1 cup 130
- canned, unsweetened, 1 cup 120
- frozen, concentrate, unsweetened, diluted, 1 cup . 112

Oranges, fresh, 1 average 71

Pancakes, prepared from mix as directed on package:
- plain and buttermilk, 4" diameter cake 61
- buckwheat and other flours, 4" diameter cake 54

Papaya juice, canned, 1 cup 120

Papayas, fresh, whole, 1 papaya (3½" x 5⅛") 119

Peach nectar, canned, 1 cup 120

Peaches:
- fresh, 1 average 38
- canned, in juice, 2 peach halves with 2 tbsp. juice .. 45
- dried, ½ cup 210

Peanut butter, commercial, 1 tbsp 94

Peanuts:
- roasted, in shell, 10 nuts 105
- roasted, chopped, 1 tbsp 52

Pear nectar, canned, 1 cup 130

Pears:
- fresh, Bartlett, 1 pear (2½" diameter) 100
- canned, in heavy syrup, 1 pear half and 2 tbsp. syrup 71
- dried, ½ cup 241

Peas, green:
- boiled, drained, ½ cup 57

Peas, split, cooked, ½ cup 115

Pecans:
- shelled, 10 large nuts 62
- chopped, 1 tbsp 52

Peppers, hot, chili:
- green, raw, seeded, 4 oz 42
- green, chili sauce, canned, ½ cup 25
- red, chili sauce, canned, ½ cup 26

Peppers, sweet, green:
- raw, fancy grade, 1 pepper (3" diameter) 36

Peppers, sweet, red:
- raw, fancy grade, 1 pepper (3" diameter) 51

Perch, ocean, Atlantic, frozen, breaded, 4 oz. 382

Perch, white, raw, meat only, 4 oz 134

Pickle relish:
- hamburger (Heinz), 1 tbsp 17
- sweet, 1 tbsp 21

Pickles, cucumber:
- dill, 1 large (4" long) 15
- sweet gherkins, 1 small (2½" long) 22

Pies, frozen:
- apple, baked, 3⅛" arc (⅛ of 8" pie) 173
- cherry, baked, 3⅛" arc (⅛ of 8" pie) 211
- coconut custard, baked, 3⅛" arc (⅛ of 8" pie) 187

Pimientos, canned, drained, 1 average 10

Pineapple:
- fresh, sliced, 1 slice (3½" diameter x ¾") 44
- canned, heavy syrup, chunks or crushed, ½ cup 95
- canned, water pack, tidbits, ½ cup with liquid 48

Pineapple juice, canned, unsweetened, 1 cup 138

Pistachio nuts, chopped, 1 tbsp 53

Plums:
- damson, fresh, whole, 10 plums (1" diameter) 66
- canned, purple, 3 plums and 2¾ tbsp. liquid 110

Popcorn:
- popped, plain, 1 cup 23
- popped, with oil and salt added, 1 cup 41

Pork:
- Boston butt, lean only, roasted, 4 oz. 279
- chop, lean only, broiled, 4 oz. with bone 308
- loin, lean only, roasted, 4 oz. 288

Potato chips, 10 chips (2" diameter) 114

Potato sticks, ½ cup 95

Potatoes, white:
- baked, in skin, 1 long 145
- boiled, in skin, 1 round 104
- fried, ½ cup 228
- frozen, hash brown, cooked, ½ cup 174
- mashed, with milk and butter, ½ cup 99

Potatoes, sweet:
- baked, in skin, 1 average 161
- boiled, in skin, 1 average 172
- boiled, in skin, mashed, ½ cup 146
- candied, 1 piece (2½" long x 2") 176

Pretzels, commercial varieties:
- rods, 1 pretzel (7½" long) 55
- twisted, 3-ring, 10 pretzels 117

Prune juice, canned or bottled, 1 cup 197

Prunes, dried, medium-size, 1 average 16

Pumpkin, canned, ½ cup 41

Radishes, raw, whole, 10 medium 8

Raisins, seedless (½ cup) 210

CALORIE COUNTER

Raspberries:
- black, fresh, ½ cup 49
- red, fresh, ½ cup 35
- canned, black, water pack, 4 oz. with liquid 58
- canned, red, water pack, ½ cup with liquid 43
- frozen, red, sweetened, ½ cup 123

Rhubarb, cooked, sweetened, ½ cup 191

Rice, cooked (hot):
- brown, long grain, ½ cup 116
- white, long grain, ½ cup 112
- white, parboiled, long grain, ½ cup 93

Rolls and buns, commercial (ready to serve):
- frankfurther or hamburger, 1.4 oz. roll 119
- hard, rectangular, ⅞-oz. roll 78
- raisin, 1-oz. roll 78
- sweet, 1-oz. roll 89
- whole wheat, 1-oz. roll 73

Salad dressings, commercial:
- blue cheese, 1 tbsp. 76
- French, 1 tbsp. 66
- Italian, 1 tbsp. 83
- mayonnaise, 1 tbsp. 101
- Roquefort cheese, 1 tbsp. 76
- Russian, 1 tbsp. 74
- Thousand Island, 1 tbsp. 80

Salami:
- cooked, 1 slice (4" diameter) 68
- dry, 1 slice (3⅛" diameter) 45

Salmon, smoked, 4 oz 200

Sauces:
- barbecue, 1 tbsp. 17
- soy, 1 tbsp. 12
- tartar, 1 tbsp. 74
- tomato, canned (Hunt's), ½ cup 35

Sauerkraut, canned, ½ cup with liquid 21

Sausages:
- polish, 2.7 oz. sausage (5⅝" long x 1" diameter) 231
- pork, cooked, 1 link (4" long x ⅞" diameter) 62
- pork, cooked, 1 patty (3⅞" diameter x ¼") 129
- pork and beef, chopped, 4 oz. 383
- Vienna, canned, 1 sausage (2" long) 38

Sherbet, orange, ½ cup 130

Shrimp:
- fresh, breaded, fried, 4 oz. 255
- canned, drained, 10 medium shrimp 37

Soft drinks:
- cola, 1 cup 96
- cream soda, 1 cup 105
- fruit flavored (citrus, cherry, grape, etc.), 1 cup 113
- root beer, 1 cup 100
- Seven-Up, 1 cup 97

Soup, canned, condensed, diluted with equal part water:
- asparagus, cream of, 1 cup 65
- beans with pork, 1 cup 168
- beef broth, bouillon or consomme, 1 cup 31
- beef noodle, 1 cup 67
- celery, cream of, 1 cup 86
- chicken consomme, 1 cup 22
- chicken, cream of, 1 cup 94
- chicken gumbo, 1 cup 55
- chicken noodle, 1 cup 62
- chicken vegetable, 1 cup 76
- chicken with rice, 1 cup 48
- clam chowder, Manhattan type, 1 cup 81
- minestrone, 1 cup 105
- mushroom, cream of, 1 cup 134
- onion, 1 cup 65
- pea, split, 1 cup 145
- tomato, 1 cup 88
- vegetable beef, 1 cup 78
- vegetarian vegetable, 1 cup 78

Spaghetti:
- plain, boiled 8-10 minutes, drained, ½ cup 96
- canned, in tomato sauce with cheese, ½ cup 95
- canned, with meatballs in tomato sauce, ½ cup 129

Spinach:
- boiled, drained, leaves, ½ cup 21

Squash, summer:
- scallop variety, boiled, drained, sliced, ½ cup 15
- yellow, boiled, drained, sliced, ½ cup 14
- zucchini, boiled, drained, sliced, ½ 11

Squash, winter:
- acorn, baked, ½ squash (4" diameter) 86
- acorn, boiled, mashed, ½ cup 42
- butternut, baked, mashed, ½ cup 70
- butternut, boiled, mashed, ½ cup 50

Strawberries:
- fresh, whole, ½ cup 28
- canned, water pack, ½ cup with liquid 27

Sugar, beet or cane:
- brown, ½ cup firm packed 411
- brown, 1 tbsp. firm packed 52
- granulated, ½ cup 385
- granulated, 1 tsp. 15
- powdered, unsifted, ½ cup 231
- powdered, stirred, 1 tbsp. 31

Sunflower seed kernels, in hull, ½ cup 129

Sunflower seed kernels, hulled, ½ cup 406

Syrups:
- chocolate, thin-type, 1 tbsp. 46
- corn, light or dark, 1 tbsp. 58
- maple, 1 tbsp. 50
- molasses, blackstrap, 1 tbsp. 43
- molasses, light, 1 tbsp. 50
- molasses, medium, 1 tbsp. 46
- sorghum, 1 tbsp. 53

Tangerines, fresh, 1 average (2⅜" diameter) 39

Tomato juice, canned or bottle, 1 cup 46

Tomato juice cocktail, canned or bottled, 1 cup 51

Tomato paste, canned, ½ cup 108

Tomato puree, canned ½ cup 49

Tomatoes, ripe:
- raw, whole, 1 average (about 2⅖" diameter) 20
- canned, ½ cup with liquid 26

Toppings dessert:
- butterscotch, 1 tbsp. 52
- caramel, 1 tbsp. 72
- chocolate fudge, 1 tbsp. 62
- pineapple, 1 tbsp. 56

Tuna, canned:
- in oil, solid pack or chunk style, drained, ½ cup 158
- in water, all styles, with liquid, 4 oz. 144

Turkey:
- dark meat, roasted, 4 oz. 230
- light meat, roasted, 4 oz. 200
- canned, boned, ½ cup 207

Turnip greens:
- fresh, boiled in small amount water, drained, ½ cup 15

Turnips, boiled, drained, cubed, ½ cup 18

Vegetable juice cocktail, canned, 1 cup 41

Vegetables, mixed, frozen, boiled, drained, ½ cup 58

Waffles, baked from mix:
- made with egg and milk, 1 round (7" diameter) 206

Walnuts, 10 large nuts 322

Watermelon, with rind, 1 wedge (4" x 8") 111

Wheat bran, commercially milled, 4 oz. 242

Wheat germ, toasted, 1 tbsp. 23

Yogurt, plain:
- partially skim milk, 8-oz. container 113
- whole milk, 8-oz. container 140

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Chicken & Broccoli or Cheddar Cheese Soup

00460

20¢ ON ONE

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5 51000 11320 2

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It simply makes food taste better!

06054

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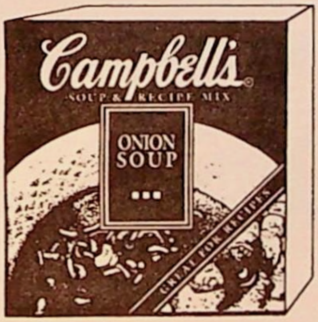

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SAVORY POT ROAST

Prep Time: 5 min. Cook Time: 3 hr.

- 2 tbsp. vegetable oil
- 3½ to 4 lb. beef round or chuck pot roast
- 1 can (10¾ oz.) CAMPBELL'S Cream of Mushroom Soup
- 1 pouch CAMPBELL'S Dry Onion Quality Soup and Recipe Mix
- 1¼ cups water
- 6 medium potatoes, quartered
- 6 carrots, cut into 2" pieces
- 2 tbsp. all-purpose flour

1. In 6-qt. Dutch oven, in hot oil, brown roast. Spoon off fat.
2. Add mushroom soup, onion soup mix and 1 cup water. Cover; cook over low heat 2 hr. Add vegetables. Cover; cook 45 min. or until roast and vegetables are fork-tender, stirring occasionally.
3. Remove roast and vegetables. Stir together flour and remaining ¼ cup water until smooth. Gradually stir into soup mixture. Cook until mixture boils and thickens, stirring constantly. 8 servings.

MANUFACTURER'S COUPON / EXPIRES DECEMBER 31, 1996

SAVE 10¢

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1024

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1025

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1027

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25¢ | Manufacturers Coupon | Expires December 31, 1995 | 25¢

SAVE 25¢

on any 12 oz.

SPAM® Luncheon Meat

14750

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25¢

5 37600 21140 1

35¢ | Manufacturers Coupon | Expires March 31, 1995 | 35¢

SAVE 35¢

13413

HORMEL® Real Bacon Bits & Pieces

CONSUMER: Limit one coupon per purchase of specified product(s). Cash value 1/40¢. Coupon not transferable. Reproduction of coupon is prohibited.

RETAILER: Hormel Foods Corp. will reimburse you for the face value of the coupon plus 8¢ handling if submitted in compliance with Hormel Foods Redemption Policy. Any other use constitutes fraud. Consumer must pay any sales tax. Coupons not properly redeemed will be voided. Void where prohibited. Mail to Hormel Foods, Dept. 37600, 1 Fawcett Drive, Del Rio, TX 78840.

5 37600 22135 6

35¢ 35¢

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EXPIRES [illegible]

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863140

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50¢ OFF | MANUFACTURER'S COUPON | FEBRUARY 28, 1996 | 50¢ OFF

50¢ OFF

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5 34600 10050 6